HEALTH AND
WELLNESS CENTER

ANNUAL WELLNESS AGENDA

2026–27

CELEBRATING 20 Years OF WELLNESS AT AUB

A Legacy of Wellbeing, A Future of Impact.

SEPTEMBER

- **Reconnect & Restore: A Somatic Yoga Session** | September 29, 2026
  Ms. Sandra Wehbi
- **Ways to Move Without a Gym** | September 30, 2026
  Ms. Rola Ammar

OCTOBER

- **AUB Wellness Program 20th Anniversary Event** | October 26, 2026

NOVEMBER

- **Laughter Yoga** | November 5, 2026
  Nawal Fleihan
- **Mat Pilates: Strength, Stability & Balance** | November 12, 2026
  Ms. Sandra Wehbi
- **Yoga Class** | November 18, 2026
  Mrs. Yumna Maalouf

DECEMBER

- **Mindful Parenting** | December 9, 2026
  Mrs. Manal Hamdoun Ghandour
- **Yoga Class** | December 16, 2026
  Mrs. Yumna Maalouf
- **Women Empowerment in the Workplace** | December 17, 2026
  Dr. Nada Khaddage

JANUARY

- **The Power of Pause: Exploring Mindfulness & Meaning through Meditation**
  January 11, 2027
  Mrs. Nawal Fleihan
- **Why Diets Fail: A Guide to Lasting Weight Loss** | January 19, 2027
  Dr. Jumana Antoun
- **Yoga Class** | January 20, 2027
  Mrs. Yumna Maalouf

FEBRUARY

- **Self-Reflection for Personal Growth and Wellbeing** | February 1, 2027
  Dr. Dinah Ayna
- **Got Your Back: Strategies for Spine Wellness at Work** | February 16, 2027
  Dr. Hala Ishak
- **Yoga Class** | February 17, 2027
  Mrs. Yumna Maalouf

MARCH

- **Work Stress in Check: Finding Balance Beyond the Workplace** | March 16, 2027
  Dr. Dinah Ayna
- **Yoga Class** | March 17, 2027
  Mrs. Yumna Maalouf
- **Why community is medicine: The Science of social bonding under stress**
  March 18, 2027
  Dr. Umayya Musharafieh

APRIL

- **Elevate Your Sexual Life** | April 6, 2027
  Dr. Sandrine Atallah
- **Move with Flow: An Introduction to Tai Chi** | April 19, 2027
  Mr. Mounir Abdallah
- **Yoga Class** | April 21, 2027
  Mrs. Yumna Maalouf
- **Strengthen Your Immunity: The Lifestyle Medicine Way** | April 22, 2027
  Ms. Rewa Youness

MAY

- **Leading Well, Living Well: From Stress Management to Flourishing** | May 6, 2027
  Dr. Maya Romani
- **Safe Inside: Creating Personal Boundaries in a Noisy World** | May 11, 2027
  Mrs. Jana Issa
- **Yoga Class** | May 19, 2027
  Mrs. Yumna Maalouf
- **World No Tobacco Day: New Products, Same Risks?** | May 31, 2027
  Dr. Maya Romani

JUNE

- **Why & How to Track My Budget** | June 3, 2027
  Dr. Lina Tannir
- **Sleep Well: Your Guide to Better Recovery** | June 11, 2027
  Dr. Nisrine Makarem
- **Yoga Class** | June 16, 2027
  Mrs. Yumna Maalouf

All seminars and activities are from 12:00–1:00 pm

Yoga with Yumna from 4:00–5:00 pm