

ESD for HU and Sekem Affiliates

September 2020

BE SAFE AND HEALTHY

Day	Group (1) 9 – 10 am	Group (2) 10 – 11 am
Mon 14\9\ 2020	Obesity 1 Dr. Amira Ezzat	Breath Freely Dr. Marwa Saleh
Wed 16\9\2020	Obesity 2 Dr. Amira Ezzat	Work Safely Dr. Marwa Saleh
Mon 21\9\2020	Organic Food and Health Dr. Khalid Safwat	Be Flexible Dr. Khalid Safwat
Wed 23\9\2020	Outdoor Activities Dr. Khalid Safwat	Core Stability Dr. Rana Khattab
Mon 28\9\2020	Breath Freely Dr. Marwa Saleh	Obesity 1 Dr. Amira Ezzat
Wed 30\9\2020	Work Safely Dr. Marwa Saleh	Obesity 2 Dr. Amira Ezzat
Mon 5\10\2020	Be Flexible Dr. Khalid Safwat	Organic Food and Health Dr. Khalid Safwat
Wed 7\10\2020	Core Stability Dr. Rana Khattab	Outdoor Activities Dr. Khalid Safwat