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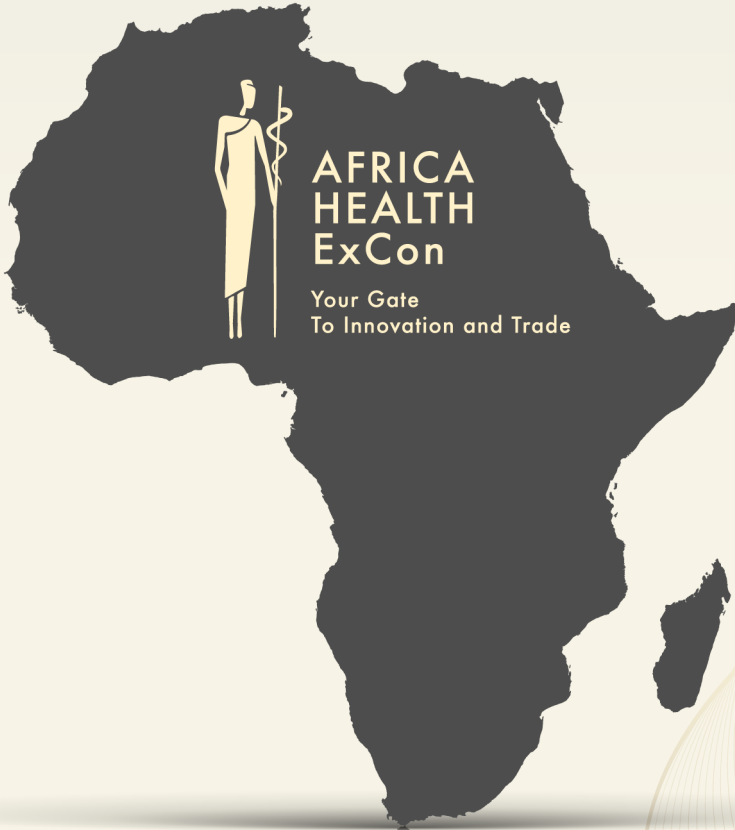


AfricaCDC  
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## AFRICA HEALTH ExCon

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# SCIENTIFIC AGENDA

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25 - 27 JUNE | 2025  
10:00 TO 16:30

EGYPTIAN INTERNATIONAL EXHIBITION  
CENTER, EIEC, CAIRO-EGYPT - HALL 2D

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## **Lifestyle Factors in Modern Health: From Fatigue to Fitness**

**Date:** Friday, 27 June, 2025

**Hall:** 2C

**From:** 14:00 To: 15:30

- 14:00 - 14:20 From Couch to Field: The Role of Exercise in the Modern Lifestyle**  
Marianne Ragai 57357
- 14:20 - 14:40 Trapped in Exhaustion: Digging into the Complexity of Chronic Fatigue Syndrome**  
Ghada Saber El Agouza Police Hospital
- 14:40 - 15:00 Obesity and the Gut Microbiome: Unlocking the Hidden Link**  
Heba Omar Cairo University
- 15:00 - 15:20 Vitamin D: The overlooked key to Energy and Health**  
Angie Magdy El Agouza Police Hospital
- 15:20 - 15:30 Discussion**