

BETTER HEALTH

How to reverse and prevent Disease

Presenter: Dr Chidi MD

A leader in Lifestyle Medicine
(as seen on BBC, ITV and SKY)



Dr Chidi is a regular Medical Expert on ITV's "Good Morning Britain" and Sky News. He also features in BBC health shows such as "Food: Truth or Scare".

He specialises in preventing and reversing chronic diseases such as Type-2 Diabetes, Hypertension, Autoimmune Diseases, and Obesity.



FREE PUBLIC EVENT

Saturday, 12th May, 2018

11am-1.30pm: *How to Reverse Diabetes & Lose Weight*

2.30pm-5pm: *How to Prevent and Cure Anxiety & Depression*

The Refectory, Bexhill College

Penland Road, Bexhill-on-Sea, TN40 2JG

(free parking)

