

WALTHAM FOREST

Sports4Life

FREE Zumba Sessions

weekly from 30th May 2023.
Then every Tuesday & Thursday
7:15-8pm: Ends July 20th, 2023.
Venue: Leyton Sports Grounds,
Crawley Road, Leyton, E10 6PY.
Tel: 07944 504 244

FREE Swimming Sessions

weekly from May 31st, 2023.
Then every Mondays & Wednesdays
12.00-12.45pm: Ends July 31st, 2023.
Venue: Waltham Forest
Feel Good Centre, Chingford Road,
Walthamstow, E17 5AA.

WALTHAM FOREST

Sports4Life

REGISTER FREE ONLINE NOW

at www.ibcms.uk/sports4life-registration
Or Call **07776 030 502**
(Lines open between 10.00 - 1.00pm daily)

Register for our **FREE**
diabetes seminar:



WALTHAM FOREST

Sports Life 4

DIABETES WELLNESS

**ARE YOU DOING ALL YOU
CAN TO MAINTAIN A HEALTHY
LIFESTYLE?
GET SOME HELP!**

FREE Seminar - 30th July, 2023

Starts time: 3pm.

Leyton NTA Church Hall,
214 Langthorne Road, E11 4HS.

REGISTER FREE ONLINE NOW
at www.ibcms.uk/sports4life-registration

Refreshments provided.



Dr Chidi

"How to Beat Diabetes"

Dr. Chidi will show you how to prevent and reverse diabetes. Using the lifestyle techniques which he has used to cure thousands of people over the years. He will show how lifestyle is both the cause & the cure for diabetes.

Dr. Chidi is a Leading Lifestyle Doctor. Trained in Surgery, General Practice & Lifestyle Medicine at Cambridge, UCL & Johns Hopkins USA.

He is a Founding Director of the European Society of Lifestyle Medicine (now ELMO). He has over 20 years of experience as a national and international Health and Wellness speaker including a TEDx talk on Reversing Disease (2013).

As well as lecturing at Columbia, John Hopkins, & Cambridge universities, he has also spoken, or chaired conferences, at Loma Linda, Andrews University, and La Sierra,

He has advised the current UK Government and opposition party on Covid19 and its effects on different ethnic groups.

He is working with GP groups in London to reverse diabetes in their patients. He continues to advise the Nigerian Federal Government on health issues.

He has spent 6 years as a director for Health, and 6 years as a director for Men's issues for a national charity.

