

DO YOU WANT TO LEAD A HEALTHIER LIFESTYLE AND LOSE WEIGHT?

Obesity increases the risk of developing diabetes, heart disease, cancer and depression. It also increases the risk of a severe form of COVID-19. The Muslim community has a high prevalence of obesity and is at a greater risk of these illnesses.



Dr Saud Jukaku is a London based GP studying for an MSc in Obesity and Weight Management. Please join him for a free, one hour, online Zoom session on Saturday 27th February at 6pm suitable for the whole family.

PHYSICAL ACTIVITY

Regular physical activity helps manage your weight, reduces disease, strengthens bones and muscles, and more. We will discuss how to tailor your lifestyle to increase your activity levels.

BEHAVIOUR MANAGEMENT

We will discuss behavioural techniques to help you maintain healthy lifestyle habits.

HEALTHY DIET

A healthy diet not only helps you manage your weight, but also builds and strengthens your body. We will discuss how you can achieve a healthier diet.

THE SEMINAR

In sha Allah the seminar will be delivered online and cover the aforementioned topics. Islamic advice relating to healthy lifestyle will also be discussed. Places are limited. To register, please send a message to 0787 204 6308.