




Living Younger Longer with Dr John Beaney
Fat Sugar Carbs ... confused?
Obesity diabetes heart attacks stroke dementia cancer
... there is a healthier way!




Living to a Ripe Young Age
 12th July—16th August




**Healing Ourselves
 and the Planet**
 23rd August - 13th September




Big Bang to Big Mac
 4 October—11th October



Alzheimer's Disease
 18th October—8th November



Dr John Beaney MB, BS, LRCP, MRCS.
 Forty years in General Practice



Fixing the Leaks
 15th November—29th November

A series of eighteen Zoom talks and discussions each Tuesday, 9-11am
“We should be living in a time of unprecedented good health. Instead we
are dealing with diseases that are largely the result of what we eat”.