

Wellness Wednesdays @ Remède

Would you like to feel healthier?

Come along to our **FREE Wellness Wednesdays Seminars** and learn about wellness from our experienced doctors & wellness practitioners, who will educate, inspire and motivate you to take a proactive & preventative approach to your health & longevity...



Regenerative Wellness – 7.30pm Wednesday 28 July Dr Jerzy Dyczynski M.D, Cardiologist (Europe), Medical Acupuncturist

Are you worried about ageing? Do you know that research now shows that stem cells can be regenerated to improve health? In this seminar, Dr Dyczynski will give insights into some of the most effective strategies and lifestyle solutions that help the body to naturally release stem cells, slow the ageing process and improve wellness & vitality.



Nutrition for Winter Wellness – 7.30pm Wed 04 August with Jan Purser, Holistic Nutritionist and Food Writer

Join high-profile nutritionist Jan Purser and learn what foods and nutrients help to build a healthy immune system and what you can do to prevent infections this winter to keep you and your family well. Jan will also discuss proven strategies that can help you to recover from coughs & colds faster if you do get sick.



Personalised Medicine – 7.30pm Wed 11 August with Dr David Millar M.D, GP/Wellness Medicine Doctor

In this seminar, Dr Millar discusses how taking a holistic and individualised approach to health is the medicine of the future. You will learn how preventative & functional medicine addresses the underlying causes of health problems, not just the symptoms. Optimal health and vitality can be achieved by combining the best of conventional & complementary medicine - come and find out how.

How To Improve Heart Health – 7.30pm Wednesday 18 August Dr Jerzy Dyczynski M.D, Cardiologist (Europe), Medical Acupuncturist

Seats are limited.

Contact us to reserve your place: 9286 1166
or reception@remede.com.au

remède
wellness medicine

naturopaths | doctors | psychologists | acupuncturists | nutritionists | chiropractors

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