

Health & Well-Being Event



LEWES



'THE LEAST YOU OUGHT TO KNOW'

WHITE HART HOTEL

High Street, Lewes, East Sussex BN7 1XE

www.whitehartlewes.co.uk

Wednesday, 21st October, 2009

Doors Open 7pm – Starts 7.30pm – Ends 8.30 to 9pm

Special guest speaker: **Dr Brian Greaves** Consultant Ophthalmologist



Dr Brian Greaves graduated in 1969 from the University of Cape Town and was Class Medallist in Ophthalmology, which he then went on to specialise in. On achieving his first FRCS in Edinburgh in June 1974 he was the youngest ever at the time to do so. Post Graduate training included time in Sheffield as Senior Registrar & in Holland, Belgium & St Marys & Moorfields in London. He was a consultant at the Red Cross Children's Hospital and Groote Schuur Hospital in Cape Town & was attached to the Military Hospital there. In 1995 he took up a Consultancy with the East Kent Group of Hospitals & was Lead clinician for seven years.

Nutrition has been a large part of his interest for many years because of its value in optimal health of the body & general wellbeing of all the organs.

Degenerative disease is the major cause of visual loss & is largely preventable. Science is too young to fully understand nature, so natural foods are what the body needs. Brian left the NHS in 2008 to pursue his great interest & now also works in London carrying out Cosmetic and Aesthetics treatments, which are underpinned by sound natural nutritional advice.

Lin Bridgeford Osteopath, Kinesiologist, Yoga Teacher *DO KFRP ICAK (UK) MSCC MSC*



'Helping Your Body Deal With Stress'

Lin has a lifetime interest in health, nutrition & exercise. She studied Dance from a young age, then Yoga, Massage, Kinesiology & Nutrition, later qualifying as an Osteopath in 1986 & gaining a Masters degree in 2006. Further studies include Cranial and Visceral (organ) Manipulation, Kinesiology (balancing structural, chemical and mental functions within the body), Osteopathic Sports, Paediatrics, Obstetrics & Gynaecology in addition to Sound, Colour, Light, & Spiritual Psychotherapeutics.

She practises at her own clinic in Brighton & at Horam Natural Therapy Centre. Lin has taught Ashtanga Vinyasa Yoga for 11 years and is passionate about **educating & empowering people to protect their future to achieve optimal health and wellbeing.**

David Sparshatt National Marketing Director

Juice
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**PLACES ARE LIMITED, FOR A COMPLIMENTARY SEAT PLEASE CONTACT:
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