

## SPEAKERS



DR DEBORAH GABRIEL~BLACK BRITISH ACADEMICS



DR ELIZABETH OPARA ~NUTRITION EXPERT



DR JENNY DOUGLAS ~HEALTH PROMOTION EXPERT



# Lifestyle Challenge

*for women of colour in their prime*

## Health, Wellbeing & Happiness Event

Thursday 4th April, (Venue TBC)

Guest Speakers

\*Weight loss \* Exercise \* Nutrition

\* Health Issues \* Love & Relationships

COST: £10 REGISTER ON EVENTBRITE

