

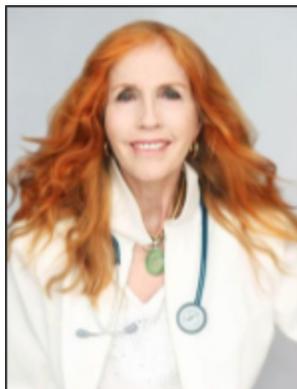
HEALTH & WELLNESS SEMINAR

The Missing Links in Metabolic Health, Diet & Longevity

Discover how nutrition, supplements and the right exercise strategies can transform your health, reduce inflammation and improve long-term wellbeing.

Featuring Special Guest Dr Sandra Cabot (MBBS, DRCOG)

Integrative Medical Doctor & International Health Author



Dr Sandra Cabot (MBBS, DRCOG) is an integrative medical doctor with over 50 years of medical research and experience and has authored over 30 health books. She has helped thousands of patients restore health by identifying the root causes of chronic illness.

Her presentation will explore the powerful connections between the:

- Gut • Liver • Thyroid • Brain • Hormonal system

Topics include:

- Osteoarthritis • Osteoporosis • Chronic pain • Menopause • Thyroid health • Weight management • Diet & supplements in restoring health

Holistic Musculoskeletal & Women's Health Physiotherapist



Marika Scicluna is a Musculoskeletal & Women's Health Physiotherapist with 30 years of clinical experience. Marika will address **Rethinking Exercise: The Missing Link in Metabolic Health & Longevity** Using simple but powerful movement strategies to future-proof your health & improve:

- ✓ Metabolic health ✓ Strength & mobility ✓ Chronic inflammation
- ✓ Longevity & independence

Including practical exercise strategies for:

- Resistance training • Cardio • Core & Flexibility • Simple daily habits

 Date: Saturday April 11 th 2026	 Time: 1:30 PM – 5:00 PM
 Venue: Western Specialist Centre- 63 Cudmore Terrace, Henley Beach	 Ticketst: \$40 ~ All proceeds go to the GOGO Foundation's Inclusive Work Program for Women. Includes tea, coffee, & fresh fruit.
 To Book: Call Body Mind Wellness Physiocare on (08) 8353 6233  RSVP By 31/03/2026	

