



Jora Educational Event

WAIT, WEIGHT: BEYOND THE SCALE

22ND FEBRUARY 2025 | 1-4PM

Key Speakers:

Dr Pawel Bogusz (Endocrinologist & Diabetologist)

Grace Smith (Workforce Wellness Coach, owner of Forge Female Fitness)

Join us for this empowering session to boost your health and well-being. The event focuses on empowering you with information to gain valuable insights on your weight and steps towards a healthier, happier you.



JORA⁺



ITINERARY



1:00- 1:15 Wellness Coordinator - Introduction

1:15-2:00: Dr Pawel Boguz

Understanding Excess Weight and its Role in Type 2 Diabetes and Other Lifestyle Diseases.

Endocrinologist and Diabetologist. He completed his training in Northern Ireland and practices at Belfast Health and Social Care Trust. Dr. Boguz has a keen interest in Type 2 Diabetes prevention, management of excess weight, and its impact on other lifestyle diseases. He advocates a holistic, evidence-based approach to weight management.



2:00-2:30 Dr Jennifer Mckew (GP)

Facilitating Dance Meditation Taster Session

2:30-3:15: Grace Smith

Wait, Weight: Beyond the Scale...

After losing 156lbs, overcoming grief from her father's sudden passing, and battling depression, debt, and homophobia, she built Forge Female Fitness into a thriving community. Her passion for empowering women and giving back shines through—raising nearly £9,000 for local charities in just 8 months.



3:15-3:30: Rejina

Jora Citizen - Personal Story

Rejina talks about her journey at Jora and how the programme boosted her confidence, body positivity and helped her with weight management.



3:30-4:00pm: Networking Over Coffee

REGISTER HERE
FOR TICKETS

£10 VIA EVENTBRITE



Email: wellness.coordinator@jorahealth.com

Number: 07394 534454 | Website: www.joraclinic.com

Venue: Jora Clinic, 5A Edgewater Office park, Edgewater Rd, Belfast, BT3 9JQ