

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.

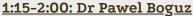




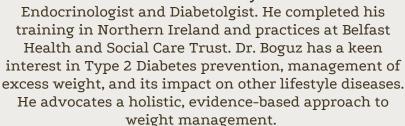
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1:00-1:15 Wellness Coordinator - Introduction



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



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