



**HUMBER &  
THE RIDINGS**

# **GP Health & Well-being Workshop**



**Friday 28 March 2025**

**9:00 - 15:00**

**The Hessle Grange Medical Practice**

**Featuring:**

- **Dr Yasmin Zaidy**

**From Setback to Strength: A Personal Journey of Healing from Rheumatoid Arthritis, Achieving Weight Loss, and Career Recovery**

- **Andy King**

**Recognizing the Struggle: How to Identify When We're Not Thriving**

- **Dr Varun Anand**

**Championing Movement for Health**

**PLUS**

**1 hour physical activity session**

**—choice of Yin Yoga or a Gym Session with experienced instructors**

**Book via the QR  
code**

