

# My Sweet Tooth

## with Michal Or Rudich MSc

### Dietitian & Doctoral in Nutritional Science



The latest in; cravings, inflammatory illness, hormones and diabetes, 'innovative' treatments (Saxenda, Ozempic), sugar and weight management, nutritional and herbal - main guidelines.

**Thursday 25 January 2024 at 8pm**  
at a **St. John's Wood, London** location

Tickets: **£25 each**

To book: **wizouk.org/events**

Early bird registration until 18 January 2024 will allow participation in a lottery! You can win a surprise PRIZE that will get you closer to your perfect health and figure!

For further details please contact:

**Michal: 07498 326518 / [michalorudich@gmail.com](mailto:michalorudich@gmail.com) or**

**Kay: 07886 635219 / [kay@kayw ltd.com](mailto:kay@kayw ltd.com)**

All proceeds go towards the WIZO Emergency Appeal. WIZO is on the ground dealing with the day-to-day impact of the terror of this horrific war and urgently needs your support to provide vital care for the victims.

Like us: [facebook.com/wizouk](https://facebook.com/wizouk)  
Follow us: [twitter.com/wizouk](https://twitter.com/wizouk)  
**[www.wizouk.org](https://www.wizouk.org)**