




KINGSTON
University of the Third Age

Living Younger Longer with Dr John Beaney
Fat Sugar Carbs ... confused?
Obesity diabetes heart attacks stroke dementia cancer
... there is a healthier way!




Living to a Ripe Young Age
15th July—19th August




**Healing Ourselves
and the Planet**
26th August - 16th September



Big Bang to Big Mac
7th October—14th October



Alzheimer's Disease
21st October—4th November



Dr John Beaney MB, BS, LRCP, MRCS.
Forty years in General Practice



Fixing the Leaks
11th November—25th November

A series of eighteen Zoom talks and discussions each Friday, 9-11am
“We should be living in a time of unprecedented good health. Instead we
are dealing with diseases that are largely the result of what we eat”.