

Dear Lifestyle Medicine Champion,

A huge thank you for joining us at our recent webinar, "**Curbing the Menace of Chronic Kidney Disease**"!

We had a whooping attendance of 196 participants including you. Yes, YOU!

Our erudite speakers rendered fantastic presentations. Your engagement and feedback were amazing. This is a great prelude to how our **6th International Scientific Conference** is going to turn out. If you have enjoyed any of our webinars this year, then don't miss out on SOLONG 2024 holding from the 28th to 30th November!

Find details here: <https://lifestylemedicineng.com/2024-solong-conference/>

Number 2: We're thrilled to announce our **Maiden Official Lifestyle Medicine Newsletter**, packed with valuable information about Lifestyle Medicine advancement in Nigeria.



Read it

now: https://drive.google.com/file/d/1kg4dV6yEcGNlmg9ttnyGXWz3CkA4yE_w/view?usp=drive_link

Share the newsletter within your network and help us spread awareness about how we can combat chronic diseases and improve health outcomes by making Lifestyle Medicine the bedrock of our health-care systems.

Number 3: Take your involvement to the next level by becoming a member of the Premier Lifestyle Medicine Society in Africa. Enjoy:

- Exclusive access to expert-led discussions and events
- Networking opportunities with leaders and professionals in Lifestyle Medicine
- Discounts on resources and merchandise
- Opportunities to contribute to our mission

Join us today: <https://lifestylemedicineng.com>

Stay tuned for more webinars, updates, and resources!

Stay well,

Dr Moyosore Makinde,
National President, SOLONG.



Society of Lifestyle Medicine of Nigeria Plot 1167, Cadastral Zone B06,
Off, Ahmadu Bello Way, Mabushi, Abuja Abuja, Abuja 000000 Nigeria

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