



PREEYA IS AVAILABLE FOR:

- KEYNOTES & WORKSHOPS
- PANEL PARTICIPATION
- CONSULTING

SPEAKER

DR PREEYA ALEXANDER

**GP, AUTHOR &
'THE WHOLESOME DOCTOR'**

DR PREEYA ALEXANDER AKA 'THE WHOLESOME DOCTOR' IS A PRACTICING GP BASED OUT OF MELBOURNE, PASSIONATE ABOUT ALL THINGS 'PREVENTION' IN MEDICINE AND ON A QUEST TO MAKE HEALTHY EASIER.

Dr Preeya holds a Bachelor of Medicine & Bachelor of Surgery from Adelaide University. She is a member of FRACGP and works as a medical educator with Eastern Victoria GP Training where she assists in the training of GPs.

Dr Preeya has featured as an expert on *Sunrise*, *The Good TV/Health Minute* and *The Good Life on Talking Lifestyle* (radio). She is a regular contributor to online publications such as *The Grace Tales*, *Mamamia* and other lifestyle websites, combining her passion for medicine and her role as an educator to become a shining example of the qualified 'expert influencer'.

Specialising in preventative health, general medicine, sexual health, mental health, women's medicine, Dr Preeya shares her expertise and passion on her blog, 'The Wholesome Doctor'.

HEALTHY KIDS - NOT NEARLY AS HARD AS IT SEEMS

With experience both as a professional family GP and a mum of two, you don't need to tell Dr Preeya about fussy eaters, and kids with an aversion to vegetables. Author of the "Rainbow Plate" Dr Preeya is passionate about childhood nutrition, physical activity and screen time. In this one-hour keynote, you'll learn how you can support your kids to be healthy without saying no all the time. You might even benefit yourself!

Drawing on her GP knowledge and her practical approach, Dr Preeya will take parents through the guidelines and recommendations that they need to know across a host of topics around childhood health, and in doing so, make your family their healthiest yet.

PREVENTATIVE HEALTH

Extremely passionate about preventative health, Dr Preeya is constantly talking to patients about simple lifestyle measures that can make a big difference to chronic disease and cancer risk. In this one-hour keynote, she shares her tips to achievable preventative health -and keeps it realistic; how can we tweak small day to day things like activity levels and diet changes to improve both the health of yourself and your family? How many veggies do we actually need and why?

THE A-Z OF WOMEN'S HEALTH

As a female GP, Dr Preeya knows women's health inside out - all the nitty gritty questions answered from women's mental health to the physical - what's normal and what isn't. The cervical cancer screening test explained, contraception, breast cancer risk, sex drive issues, fertility qualms - it's all fair game. Dr Preeya covers all the stuff women want to know but are reluctant to ask - filled with loads of practical health information and a good dose of humour.

For more, contact simone@thelifestylesuite.com

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