

KIESER

PHYSIO | REHAB | STRENGTH



Dr. Ailina Ismail

Kieser Werribee

UNDERSTANDING AUTOIMMUNITY

Are you struggling with unexplained symptoms like fatigue, brain fog, gut issues, or joint pain, long before a formal diagnosis?

Join Dr. Ailina, a medical doctor specialising in functional medicine, for this workshop.

What can you expect?

- What autoimmunity is and why it's becoming more prevalent plus early warning signs
- Root causes like gut dysfunction, stress, toxins, and infections
- Why conventional testing may miss the early stages
- Practical, science-backed strategies to support immune balance through nutrition, movement, and mindset.

This talk is ideal for anyone feeling exhausted, inflamed, or “not quite right,” even if they’ve never been diagnosed.

WHEN: Tuesday, 24 June, 6:00pm - 7:30pm

WHERE: Kieser Werribee, 285 Heaths Rd

Spaces are limited and all registrations are to be made via the event registration page. Scan the QR code to register!

