



LONGCROFT
CLINIC

YOUR HEALTH, OUR PRIORITY

PATIENT EDUCATION EVENING

Living Well, Staying Active and Keeping Healthy



17TH SEPTEMBER 2026



7:00 PM – 9:30 PM



LONGCROFT CLINIC

AGENDA

07.00 PM		WELCOME Welcome and introduction to the evening.	Dr Sandeep Pande GP Managing Partner, The Longcroft Clinic Mr Mike Harris PPG Chair, The Longcroft Clinic
7.10 PM		HOW TO AVOID DISEASE; THE SCIENCE OF STAYING HEALTHY <i>Live Better, Feel Better, Live Longer</i> • Small changes that make a big difference • Food, exercise, sleep and stress • Preventing heart disease, diabetes and cancer • Practical tips you can start tomorrow	Dr Sundhya Raman Lifestyle Medicine Lead at the Primary Care Cardiovascular Society and founder of My Wellness
7.50 PM		HEALTHY JOINTS FOR LIFE <i>Keeping You Moving Without Pain</i> • Looking after your knees and hips • Arthritis myths and facts • When to seek help • Staying active despite joint pain • Elective surgery facts	Dr Suroosh Madanipour Consultant Orthopaedic Surgeon (hip and knee specialist) St George's Hospital Hospital Foundation Trust, South West London Elective Orthopaedic Centre Epsom, St Anthonys Hospital Cheam
8.30 PM		REFRESHMENT BREAK	
8.45 PM		STRONGER, FITTER, MORE INDEPENDENT <i>How Physiotherapy Can Keep You Moving</i> • Exercises to improve strength and balance • Preventing falls • Managing aches and pains • Remaining active at every age	Physiotherapist, St Anthonys Hospital
9.20 PM		CLOSING REMARKS	Dr Subo Emanuel GP Managing Partner, The Longcroft Clinic Mr Mike Harris PPG Chair, The Longcroft Clinic



Together we can build
healthier lives and a
healthier community.



For more information, please speak
to a member of our team or visit
our website.