

## Bio

**Dr Rebecca McGowan** is a highly experienced General Practitioner for over 3 decades and is an acknowledged Preventative Health Expert.

She has Specialist training as a General Practitioner, with Post Graduate qualifications in Obstetrics, Gynaecology, and Forensic Medicine.

Since 2015, she has been the Medical Director and Co-Founder at LifeVest, a business dedicated to providing proactive health promotion programs in the workplace and community. Rebecca is passionate about empowering and enabling people to take better control of their lives, by helping people to improve their physical and mental health for the long term, aiding in a longer healthspan.

## Photo

