

**CIRCULAR FOR 24<sup>th</sup> FEB. 2018**

Hi Friends,

After a fulfilled exciting Educational tour in January, 2018, we meet again, this month with an interesting topic for you all :

**“Become a Better Version of Yourself : Put Yourself First to Make Yourself First”**

Generally we all crib about our weight increase or midriffs being huge to “not having time” from daily schedule or our full day desk jobs.

**BUT**

How many of us really regret that sinning every time at parties, social gatherings or occasions. How many of us are actually worried about the lifestyle diseases such as Diabetes, Hypertension, erratic Blood Pressure and so on ??

To create a “**NEW YOU**” this month we have with us Mr. Zahan Sen – Fitness Trainer and lifestyle expert; who has today earned the title of having a body akin to the Greek Gods.

**Date & Time :** Sat. 24<sup>th</sup> February at 18.30 hours

**Topic :** “**Become a Better Version of Yourself :  
Put Yourself First to Make Yourself First**”

**Venue :** Hotel Royal Orchid Central  
Kalyani Nagar,  
Marisoft Annexe Building, Pune 411014  
**Phone:** 020 4000 3000

**RSVP :** **On or before Wed. 21<sup>st</sup> February 2018**  
Dilnawaz ([dilnawaz15@gmail.com](mailto:dilnawaz15@gmail.com))/ 9011354955  
Juhi ([juhisadhvani@rediffmail.com](mailto:juhisadhvani@rediffmail.com))/ 9970617992

**Charges :** Rs.120 /- per person for members  
Rs.250/- per person for non members

So ladies, HURRY and enroll yourself with friends and colleagues today to avoid the last minute disappointment.