



Estd : 1987

Brain and Brawn
Quarterly Newsletter, IASAP - Pune
Indian Association of Secretaries and Administrative Professionals

March Monthly Lecture



A lot of water has rippled its way under the bridges of our life and we are yet to come to terms with some of the greater road blocks...

*To ensure we smoothen out some of the bumpy areas in our vital statistics - we have arranged for a vibrant session on **'Fitness and Healthy eating'** to be made as a way of our lives in future...*

*Sandeep an Experienced Fitness trainer and an excellent Nutritionist will give us an insight into making exercising and watching our nutrition an important addition to living, while Soniya (our very own Hyacinth's daughter) who runs GOURMADE With Love - a food outlet that boasts of Corporate Bosses and personal/professional clients who have understood that diet does not mean boring food but healthy and tasty food. To have a greater insight into these aspects, I am sure you ladies must not miss this interesting session on **19th March 2016** - This session has been carved out keeping in mind Woman's Day and at IASAP we are always looking out for topics that will not only interest but make a difference to our members personally and professionally.*

Date & Time : Saturday, 19th March, 2016, - 18.30 hours

Topic : **“Fitness & Healthy Eating”**

Venue : Vivanta by Taj Blue Diamond
11 Koregaon Road, Koregaon Park, Pune, 411001

RSVP : Dilnawaz Nekoo (dilnawaz15@gmail.com)/ 9011354955
Anita Martyres (anitamartyres22@gmail.com)/ 9850803842

Lata Khedkar
Chairperson

Uma Nandedkar
Hon. Secretary