



MARCH 2021

Dear Members,

Accept the challenge so that you may feel the exhilaration of victory

With International Women's Day just around the corner, a right time for us to accept this **"21 days - no sugar challenge"**

21 days of choosing to be mindful about what you eat. Mindfully avoiding all forms of **sugar**/artificial sweeteners in anything you eat. Focusing on fueling your body with nutritious, delicious foods. Learning what's in your food so you can make informed choices.

Our speaker for this month is Ms.NupurPittie who is an Anchor, Stress Management Consultant, Motivational Speaker, Laughter Therapist, Artist, Adventure Enthusiast and MFL Coach. Nupur will dare to challenge you on **"21 days of no sugar"**

Ladies joined us in large numbers and enjoyed the session.

Date and time : Saturday 20th March 2021 at 5.30pm

Venue : Our comfortable zones in our own homes

**BEROZE DIVECHA
CHAIRPERSON**

**MONICA DSOUZA
HON. SECRETARY**