



**OCTOBER2021**

Dear Members,

**Never believe for a second that you are weak, within all of us we have a reserve of inner hidden strength**

The definition of what balance means to each of us is different, but there are some universal truths. For instance, each of us needs a healthy work and life balance to be truly healthy and happy.

Too often, most of us live a life that is far out of balance - putting the things that are not as important first or letting them tip the scales too far in one direction.

Our speaker for this month is **Ms Hyma Jain, Co-Founder of Ikshana**. She will take us through **"Work, Life and Mental Balance"**

As Paul Boese quotes "Most of us come into this world head first and go out feet first, in between it is all a matter of balance.

Ladies joined in large numbers to gain insight on this interesting topic.

**Date/Date/Time - Saturday 30th October 2021 at 5pm**

**Venue – Zoom link**

**BEROZE DIVECHA  
CHAIRPERSON**

**MONICA DSOUZA  
HON. SECRETARY**