

**Wellness N Wellbeing Committee  
invites you for the E-event –**

**LET'S WORKOUT WITH  
YASMIN KARACHIWALA**  
Celebrity Fitness Instructor and Author

**VIRTUAL WORKOUT WITH HELPFUL TIPS ON ENHANCING YOUR FITNESS LEVELS**



**Ms. Yasmin Karachiwala is a fitness expert with  
30 years of experience & pioneer of 'Pilates'  
physical fitness system in India.**

**DATE: THURSDAY, 27<sup>TH</sup> JAN 2022**

**TIME: 3:30 PM ON**



**RSVP : Email: [ladieswing@imcnet.org](mailto:ladieswing@imcnet.org)**

**WhatsApp - +91 9820995375 | +91 9920065024**