

AGE & AILMENT REVERSAL

Dr. Mickey Mehta

**GLOBAL LEADING
HOLISTIC HEALTH GURU**

**46 YEARS OF PIONEERING &
LEADING HOLISTIC HEALTH**

STEPPING INTO HIS 5TH DECADE NOW.

*Discover the secrets to living pain-free, staying energetic
and embracing the art of healthy ageing through*



HOLISTIC
WELLNESS



MINDFUL
LIVING



MOVEMENT



NUTRITION



BREATHWORK

22ND JULY 2026

Wednesday | 3:30 PM



**Walchand Hirachand Hall,
4th Floor, IMC, Churchgate**



Organized by Events and More Committee

Anita Chouhan
President

Radhika Kaji
Vice President

Surbhi Ghatlia
Chairperson

Reena Rupani
Co-Chairperson

Advisors : Amita Haribhakti, Arti Sanghi and Jyoti Doshi

**Members : Anar Shah, Devina Shah, Devna Gandhi, Jagruti Shah, Parul Patel, Prabha Shah,
Priyasri Patodia and Usha Parikh**