

**Celebrating Women's Day
by Taking Charge of
their Well-being**

Launching
**THE WOMEN'S
WELLNESS
CLUB**

**Empowering women to
Prioritize their health**

**Activities of the Women's
Wellness Club:**

- Free Health Screenings • Wellness Talks • Balanced Diet and Nutrition Tips
- Yoga Sessions • Exercise Programs
- Stress Management Guidance
- Emotional & Mental Wellness Support

Contest

**HEALTHY
RECIPE**

Contest

GIFTS SPONSORED BY


**MARRIOTT
KOCHI**



Scan to join the Club

Call and confirm your participation at
7994999835 and win exciting prizes