

CENTER FOR WOMEN DEVELOPMENT, IFHE IS ORGANISING AN INTERACTIVE SEMINAR **FIT IN 5**

**A PRACTICAL GUIDE TO IMPROVING
HEALTH AND WELLNESS WITH
EXERCISE AND NUTRITION**



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FOUNDER AND CEO, XTRALIVING PVT. LTD.

**28TH MARCH 03:30PM - 04:30PM
@ IFHE AUDITORIUM**

- > 5-Minute Functional Movement Program
- > Tips for Incorporating Exercise into Daily Life
- > Nutrition for Optimal Health

