



Embrace



WOMEN'S DAY CELEBRATION 2023



WE WELCOME OUR
WDC MEMBERS AND
SPOUSES OF IDA KOCHI
MEMBERS TO THIS
JOURNEY OF HEALTH,
FITNESS AND
GROOMING!

TIPS AND TRICKS TO
HEALTHY LIVING
BY

Mr. VIBIN XAVIER

CELEBRITY FITNESS
TRAINER

PROFESSIONAL
GROOMING
MASTERCLASS
BY

Dr. JUMANA

THE IMAGE COACH



Hotel Luminara

12th March, Sunday

3 - 6pm



Dr. Winston George
President

Dr. Brijitha Manoj
Hon Secretary

Dr. Binila S Babu
Hon Treasurer

Dr. Sheethal Sherif
Dr. Resmi PG
WDC Representatives