



IDA KOCHI BRANCH

OCTOBER MONTHLY MEET

UNRAVEL THE WELLNESS MYSTERIES

A WELLNESS
SESSION SPECIALLY
CURATED FOR
DENTISTS



SPEAKER

Ms ANUPAMA GOPAL

Nutritionist, Lifestyle,
Fitness & Mental Health Coach

20/10/24
SUNDAY
6-9 PM

**MARINA ONE,
QUEENS WALK WAY, KOCHI**

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|---|---|--|
| DR VINOD THAMBY
PRESIDENT | DR BRIJITHA MANOJ
HON SECRETARY | DR BINILA S BABU
HON TREASURER |
| DR ZERITTA STANLEY
WDC REPRESENTATIVE | DR JEFNA PAULSON
WDC REPRESENTATIVE | |