Mental Wellness & Exercise

ZOOM WEBINAR ON

SATURDAY, 28 OCTOBER 2023 11 AM - 12:30PM

EMPOWERING WOMEN TO MEET CHALLENGES THROUGH LIFE



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HOW EXERCISE BOOSTS MENTAL WELL-BEING

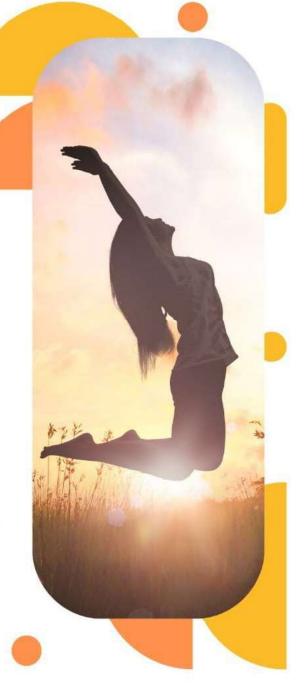


MS JESSIE KHO
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To register scan the QR CODE or visit https://bit.ly/401j6JX



Pre-registration is required. Registration closes on Tuesday, 24 October 2023



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