

IMC's Online Series

'Get Fit with IMC'

A Comprehensive Series on Physical and Mental Health and Wellness

Thursday 10th September 2020

Dear Member,

There has been never a better time to get fit! A fit body can fight illnesses and diseases by building immunity and keeping our physical endurance at optimum.

IMC's Health & Fitness committee invites you to 'Get Fit with IMC' a comprehensive series on Physical and Mental Health and Wellness.

This curated series will be held with Health and Fitness Experts from their respective fields bringing to you interactive sessions on Holistic living with focus on Mind and Body health.

The details of the first session in this series are as follows:

Session: Yoga se Hoga

Session will be conducted by: Dr. Mickey Mehta, global leader in holistic health / corporate life-coach

Day and time: Thursday, 10th September 2020

Timing: 11:00 am – 12:00 pm

Platform: Zoom

Registration fees: INR 354/- inclusive of tax

To 'Get Mickeymized' registration is mandatory

For registration click the following link:

For any query, please contact Ms. Chitra Kamath on chitra.kamath@imcnet.org