



ida
INDIAN DENTAL ASSOCIATION



wdc
Women's Dental Council
IDA KERALA STATE BRANCH

KOCHI BRANCH

WDC HEALTH ORIENTED PROGRAM

Move for HEALTH



FUELING HEALTH THROUGH MOVEMENT

An energizing fusion of **Zumba** and **Pilates** session, designed to enhance fitness, improve well-being, and inspire a healthier lifestyle through the power of movement.

Trainer



Ms. Bindu Prakash



ZUMBA



PILATES



DATE
18/08/'26
Tuesday



TIME
7.00pm to
7.45p.m



VENUE
BFit Gym,
Kadavantra

Strong Body. Positive Mind. Better Life. ♡♡



Let's move together for a **healthier, happier** tomorrow!



PRESIDENT
Dr. Meera
Gopalakrishnan



HON. SECRETARY
Dr. Vivek
Narayan



HON. TREASURER
Dr. Subramaniam R



WDC REPRESENTATIVES



Dr. Parvathy T. Ajai



Dr. Laksmipriya J