



# SENIORS HOLISTIC WELLNESS AND CAPACITY BUILDING PROGRAM



**SESSION TOPIC: MOVE YOUR BODY REFRESH YOUR MIND: A SPECIAL  
WORKSHOP SERIES FOR SENIORS & AANE VAALA PAL JAANE VAALA HAI**



**ANKITA ALEMONA**  
Movement Artist



**RINTU BHATIA**  
Passionate Singer

**WEDNESDAY DECEMBER 10, 2025**

**ZOOM Meeting**

4:00 PM to 6:00 PM EST

**REGISTER AT:**

Email: [info@mwc.community](mailto:info@mwc.community)

Phone : +1 647-391-9668

[www.mwc.community](http://www.mwc.community)

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