



# SENIORS HOLISTIC WELLNESS AND CAPACITY BUILDING PROGRAM



## SESSION TOPIC: FALL PREVENTION EXERCISES AND STRETCHES & ZOOM 101



**SOROSH ARIF WEIN**  
Personal Trainer



**PARMINDER RANDHAWA**  
IT Consultant

**WEDNESDAY JANUARY 14, 2026**

**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  
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