



Malton Women Council

MIND, BODY AND SPIRIT

Session Topic: Healthy Snacking and
Connecting Mind & Movement



Mandeep Uppal
Registered Dietitian and
Certified Diabetes Educator



Meeta Khanna
Singer/ Poet & Energy
Healer/Trainer

WEDNESDAY JULY 29, 2026

ZOOM Meeting

4:00 PM to 6:00 PM EST

Register At:

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