



Malton Women Council

# MIND, BODY AND SPIRIT

Session Topic: Health Living



**Syed Waris**  
Social Services  
Professional

WEDNESDAY JUNE 03, 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  
[www.mwc.community](http://www.mwc.community)

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