



Malton Women Council

MIND, BODY AND SPIRIT

Session Topic: Seated Bollywood
Dance Fitness Workout
& Seniors Talent Show



Safa Jabrani

*Certified BollyX and
Zumba instructor*

WEDNESDAY JUNE 24, 2026

ZOOM Meeting

4:00 PM to 6:00 PM EST

Register At:

Email: info@mwc.community
Phone : +1 647-391-9668
www.mwc.community

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