

FAT TO FIT PROGRAM

OBESITY MANAGEMENT AND REVERSAL

6 Session Program | 6 Aspects | 5 Experts



Fortnightly Starting 27th Mar 2022 | Sunday | 11:00 AM IST

Dr. Puneet Saxena
General Physician



Dr Vandana Garg
Nutritionist



Dr Raghav Shah
De-Addiction Psychiatrist



Ms. Sneha Vashisht
Psychologist



Mr. Sharad Kamra
Art of Living Facilitator



Dr. Rashmi Jain
Moderator



Key Benefits :

- Learn to manage and reverse your obesity
- Learn to control your cravings
- Connect with a support group & community of like-minded people
- Implement practical lifestyle modification techniques directly from experts



**Register
Now!**