

HEALTH IS WEALTH!!!

A wise man ought to realize that health is the most valuable possession. said Hippocrates, the Greek physician and father of medicine, about more than two thousand years ago.



The World Health Organization (WHO) defines health as, “Health is not only the absence of infirmity and disease but also a state of physical, mental and social well-being.”

*“If I’d known I was going to live so long, I’d have taken better care of my self”,
is a feeling shared by many people.*

This October YOU commemorates the importance of health and its every aspect. We join hands with renowned dieticians, nutritionists, naturopaths, yoga experts and health professionals to bring to you a value package on being healthy and living healthy!!!

October 2 – Look Good - Feel Great

This workshop will focus on learning about nutrition and healthy eating, weight management, natural treatments and dermatology issues. Meet with Dr. Asha Rani (Naturopath- Dubai Herbal and Treatment Center), Ms. Rashi Chowdhary (Nutritionist and Inch-loss expert) and Dr. Minal Patwardhan (Masters in Dermatology & DVD Mumbai University Cosmetology & Laser Specialist) in a 2 hour workshop to look good and feel great about yourself.

Time: 3 p.m. – 5.30 p.m.

Venue: Hotel Citymax Bur Dubai

October 9 – Ageless Body - Timeless Mind

This workshop will focus on dynamic health elements – learn about your hormones and their metabolism, skin care and work on your muscles and overall health. Meet with Dr. Wasima Masoodi (Endocrinologist - American Board of Endocrinology, Diabetes & Metabolism) and Mr. Bharat Thakur (world renowned Yoga master) in a 2 hour workshop encompassing varied health elements.

Time: 3 p.m. – 5.30 p.m.

Venue: Hotel Citymax Bur Dubai

October 16 – Grow Younger - Live Longer

This workshop will focus on feeling beautiful inside and outside. Meet with Mrs. Rima Soni (Beautician) and Mrs. Jyoti Anand (Canadian certified Nutritionist, Personal trainer & owner of Shape Express) and Dr. Amala Nazareeth (Gynaecologist) in a 2 hour workshop on health and beauty tips, secrets and more.

Time: 3 p.m. – 5.30 p.m.

Venue: Hotel Citymax Bur Dubai

Join this health extravaganza where you will learn about healthy lifestyle, how to follow a healthy diet, the right amount of exercise to stay fit and healthy, meditation, positive thinking and much more.

Do not miss this great opportunity where you will be given tips to integrate your mind and body. Come and experience these workshops to find out all the best things that life has to offer!

Hurry....limited seats available!!!

Please register yourself on 050-2843431

For more information, log on to www.you-dubai.com or email us on admin@you-dubai.com

