



CELEBRATING WOMEN'S DAY WITH THREE INCREDIBLE WOMEN OF SUBSTANCE

A morning to celebrate, learn and be inspired. Duchess club, O2 Health studio and DIWWAAS welcomes you!!!

Dr. Usha Sriram in conversation with three amazing women leaders about what makes them who they are and their advice to women.

Prof. V. Shantha

Chairperson - Adyar Cancer Institute

Dr. Lalitha Balakrishnan

Principal - MOP Vaishnav college

Ms. Gowri Ramnarayan

Writer, Theater artist, Journalist, Musician

@

Hotel Savera on March 15 2019, from 11 am to 1 pm

- Know your Health IQ – An interactive health quiz
- Yoga and Zumba
- Art activism
- Life lessons
- Inspiring stories
- Health advice
- Motivation
- Challenges
- How to be leader
- Walking the talk
- Secret to raising powerful young women
- Fabulous and healthy lunch

