Ladies' Wing of
IMC
Chamber of Commerce and Industry

WElevate

Dear Member,

IMC Ladies' Wing invites you for the E-event – **Train your Brain** by **Ms. Shilpa Karia** to be held on Wednesday, **5th May, 2021 at 3:30 pm** through Zoom Video Conferencing.

No matter how old we get, our mental abilities (and even IQ!) are never "set in stone." Because the brain is always adapting and building, our ability to think, remember and learn is never static—it can always be upgraded and improved!

This means we don't have to "settle" for the mental skills we currently have. While it's true that certain brain changes are inevitable when it comes to aging, major memory problems are not one of them.

Ms. Shilpa Karia is a registered Clinical Psychologist and a certified Cognitive Skills Trainer with 22 years of rich experience in the field of counselling and psychology. She also works as a consultant for various organizations and schools.

The vast possibilities that the brain offers propelled Ms. Karia to establish **B FiT** [Brain Fitness for All] - a one-of-a-kind brain-training organization in India, devoted to creating awareness and advocacy regarding the importance of brain fitness. At BFiT, Ms. Karia helps learners of all kinds and ages achieve personal, academic, occupational and social enrichment using scientific evidence-based programs.

Join us for some **fun brain-training exercises** that can help you **'TRAIN YOUR BRAIN, TO UNLOCK YOUR POTENTIAL'.**

Registration elink: - https://www.imcnet.org/events-1163

The login details to join Zoom Meeting are as follows: -

https://us02web.zoom.us/j/2797008424?pwd=

eGxoMGNQT3RGQml1cWQ1QkRIL29NZz09

Meeting ID: 279 700 8424
Passcode: Bfit@2021

RSVP:
Email: - ladieswing@imcnet.org
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Organised by

Ms. Anuja Mittal　　　　　**Ms. Nishreen Khorakiwala**
President　　　　　　　　　　Vice President

Health & Holistic Committee

Ms. Anar Shah　　　　　　**Dr. Asha Dalal**
Chairperson　　　　　　　　Co-Chairperson

Advisory – Ms. Leena Vaidya

Members – Ms. Bhavana Trivedi, Ms. Jyoti Doshi, Ms. Reena Rupani

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