



Women Graduates Union

Panel Discussion: Steps to Mental Fitness and Active Ageing

Ageing is a part of life but what are the psychological effects of ageing on our emotions, motivation and personality? WGU Counseling and Guidance brings you a chance to learn from three eminent psychologists how to add quality years to your life, pitfalls to avoid, and awareness of professional support available.

Tuesday, 27 November, 2018 | 5 pm

**Amy Rustomjee Hall, Women Graduates Union
Women Graduates Union Road, Near BPT Garden**

5 to 5.30 pm Tea & Snacks will be served
5.30 pm Panel Discussion

Register by 20 November

Panelists

Dr. Rochelle Suri PhD, MFT

Expert Psychotherapist and Author on
Psychology and Psychiatric Disorders



Dr. Azhar Hakim MD

Medical Doctor, Psychotherapist and Former
Professor Washington University, St. Louis, USA.



Tara Mahadevan

Counseling Psychologist and Weight
Management Specialist



Panel Chair Bina Thadani

President, Women Graduates Union

Members ₹ 70 | Guests ₹ 90

Register at wgu1915@gmail.com or

☎ 22151947/22186220