



## BAPIO Silver Jubilee Celebrations 2021

### Dance Fitness

### With Mrs Teena Naik

### Fitness trainer and Nutritionist

For Doctors, Nurses with Family & Friends

Every Monday from 20th September to 18th October

8.00 to 9.00 PM BST

Block of 5 weeks

BAPIO Members- Free to join

All others- £15 for 4 weeks (First session is free)

#### Payment details:

BAPIO Sort Code- 30-90-66 Ac Number-00067914

use reference as Dance your surname:

#### Join Zoom Meeting

<https://us02web.zoom.us/j/84528220090?pwd=S2V1NWITckZzaEZyUkNJenFrdnZEZz09>

Meeting ID: 845 2822 0090 Passcode: 215198

[wellbeing@bapio.co.uk](mailto:wellbeing@bapio.co.uk) 01234 212879