

EID-MILAN PARTY

WHEN:

FRIDAY 28TH SEPTEMBER, 2012
AT 6.30 PM TILL 9.30 PM

WHERE:

COUNCIL CHAMBER,
MERTON CIVIC CENTRE, LONDON RD,
MORDEN SM4 5DX

To celebrate the festivities of the Eid after the month of Ramadan, the British Muslim Association of Merton (BMAM) has organised an Eid get-together party together with a Health & Wellbeing Seminar.

Guests of honour, will be the Mayor of Merton, local Members of the Parliament, Leader of the Council, Imam of a local Masjid & Health Care Professionals.

A light programme of music will be presented by children and professional singers

Entry is free & food will be served.

**If you are willing to help then please
contact us by:**

email: info@bmam.org.uk

or

Call Abdul on 0771 137 6629

Thank you

HEALTH & WELLBEING SEMINAR

BMAM will organise a series of seminars and group exercise sessions to promote general Health & Wellbeing among the Asian population targeting mainly, though not exclusively, the Muslim population in Merton.

Qualified health care professionals will be available to encourage healthy life style and to offer free health checks on Blood Pressure, Weight, Height and Body Mass Index.



The first seminar will be held in conjunction with the Eid Milan party on Friday 28th September at the Merton Civic Centre, Morden, SM4 5DX

PHYSICAL EXERCISE SESSIONS

BMAM will also organise weekly group physical exercise sessions in collaboration with the Asian Elderly Group of Merton.

These physical sessions will be held on a weekly basis in community centres in Wimbledon and Colliers Wood and will be supervised by a qualified Fitness Trainer.



Excellent cooked food will be served.

For further details on physical sessions

please contact:

Abdul Latif

(M): 0771 137 6629

For further information on Health & Wellbeing Seminars

Call Abdul: 0771 137 6629 or Usman: 0794 499 1561

Email: info@bmam.org.uk