

INSIGHT

WTC COMMUNITY WEEKLY

What's New:

RSVP before December 11

Jakarta Land x RECHARGE
presents

Escape, Relax and Recharge:

Tips to Stay Fit During Holiday

Wednesday, 13 December 2023 | 12 PM - 1 PM
at Recharge (WTC 1, Ground Floor)

Featuring trainer & Physiotherapist:
Benedict Andhika & Elfiera Kang

Scan to register:

Limited to 20 pax & free of charge!

FREE HEALTHY CATERING

Escape, Relax and Recharge

Counting down the days for your upcoming holidays? Trying to get into shape for those Instagram-worthy snaps?

Come prepare early with us at Escape, Relax and Recharge event!

This mini talk show and lunch-time workout will cover topics such as:

- Helpful stretches during long flights or car rides
- Simple exercises for minimal space & equipment
- Nutrition tips to avoid holiday weight gain

The one-hour session with Recharge's founder Ben and physiotherapist Elfiera will allow you to ask your fitness worries and concerns. This is also an opportunity to cram in some exercise in your hectic schedule.

Free Refuel healthy meal provided and only 20 slots available so be sure to register before Monday, 11 December [here](#). For more information, contact Community 0811.1254.737.

Yours truly,
the community editor