

THE CANCER SOCIETY OF THE BAHAMAS

Monthly General Meeting

Health & Wellness

Tuesday, May 13, 2025
@ 6:30pm
Meeting ID: 860 6271 8306
Passcode: 140196

Donovan "Jay" Rolle
'Jay Fitness'

DISCUSSION WILL INCLUDE

- PERSONAL TRAINER
- DIET NUTRITION
- CARDIO TRAINING
- WEIGHT TRAINING
- FITNESS
- TIME MANGAMENT

East Terrace, Centreville (2 Doors South Of ZNS) www.cancersocietybahamas.org
(242) 323-4482 / (242) 325-2483 admin@cancersocietybahamas.org

If you missed our May Monthly General Meeting, click the YouTube link below to watch it.

<https://www.youtube.com/watch?v=CuOd52sP6TI>

Presented by Donovan "Jay" Rolle