

CHECK IT OUT

# Korean Film Festival to be held

On 13 and 14 November, the Embassy of the Republic of Korea and the Korean Foundation will hold Korean Film Festival 2015 at Bangladesh National Museum. Four hand-picked Korean movies are going to be screened: Forever the Moment (2008), Welcome to Dongmakgol (2005), The Face Reader (2013) and How to Steal a Dog (2014). For the first time, both Bengali and English subtitles have been

provided.

Alongside, there will be various events revolving around Korean culture. There will be an exhibition of Korean photos. Hanbok, traditional Korean clothes, will also be featured.

For those interested in learning about Korean culture, this is an opportunity not to be missed.



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## Get rid off your stubborn fat :

# GET A HEALTHIER YOU !!!

Men and women are different and will store fats in different parts of their body due to evolutionary reasons. Women have wider hips and pelvis but men on the other hand are predisposed to store fat in the belly and neck area while women are likelier to store in their hips, arms and thighs. Another thing you need to realize before you start Weight Reduction plan is that **there's no such thing as spot reduction**. You can't just burn fat from one part of your body to get your desired result. Believe me, regardless of your gender or body type you can get rid of these deposits of fat pockets without resorting to invasive methods like liposuction or tummy tuck. **Remember, getting healthier is a lifestyle, not a weekly or monthly affair.**



### The benefits of our Weight Reduction & Shaping Program :

- ◆ Body Shaping & Weight Loss
- ◆ Cellulite Reduction
- ◆ Hormone Balance
- ◆ Toxin Removal
- ◆ Pain Release
- ◆ Improve Lymphatic Drainage
- ◆ Improve Varicose Veins



and remember :

"Healthy **eating** + less **stress** + adequate **sleep** + right **workout** = keeps a **'healthier you'**."



**Dr. Jhumu Khan**

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MSc(Germany) Board Member WOCPM,  
Diplomat (WOSAAM) Dermatologist, Anti aging  
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