

Worried About Post Eid Weight Gain?

Post Eid, ask anyone what their health and fitness goals are, and they would say that it is to recover from the recent binge eating. But there is more to being overweight, and ways to measure it.

Now-a-days, everyone wants to look attractive but being overweight not only affects your looks but also your physical wellbeing. After gaining weight, the first thing that people do is to go on a crash diet and start an irregular exercise regime, which may have harmful effects on the muscle.

Obesity is responsible for many ailments and so we should be more serious about carefully keeping our weight within healthy limits.

The good news is that you can lose your

weight with proper guidance at VLCC Healthcare Bangladesh. The human body is formed of muscle, fat, water and bones that require proper nutrition. At VLCC, we offer a scientific way to lose weight. We do it with the use of different equipments, exercise and diet. We have specialised doctors, physiotherapists, therapists and dieticians for these services. A complete solution for weight loss is now ready for you.

So wake up, warm your body and feel confident. Weight loss is a mind game — change your mind and change your body. You just need to join VLCC to transform your lives.

By Dr Sharmin Reza Bublee
VLCC Healthcare Bangladesh

To celebrate the Durga Puja this year, Le Méridien Dhaka will be hosting gastronomical delights all the way from West Bengal. The two-day promotion will be curated by their culinary maestros at the Latest Recipe restaurant led by Indian Master Chef Mufid Alam.

Date: 29 September to 30 September 2017
Price: Tk 3900 per person
Time: 6:30 pm to 11:30 pm
For reservations and more information, contact: +8801990900900
Checkout more offers from Le Méridien at <https://www.facebook.com/LMDhaka/>

King Deals and Coupon Offer at Burger King

America's famous fast food chain Burger King is offering attractive menu items and new additions to its local patrons. A total of four King Deals menu items can now be availed at Tk 279 each. New items include Tartar Crispy Chicken Burger and Cheesy Beef Burger. Every meal comes with fries and drinks.

Their King Savers menu, ranging from

Tk 79 to Tk 149, offers new inclusions like Ice Cream Float, Cheesy Fries and BBQ Chicken Wings.

Prices mentioned will not have any other charges included. Also every purchase will provide discount coupons, with upto 39 percent discount for different meals.



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and Get up to
10kgs weight loss package
FREE**

**SEE
YOURSELF
SLIMMER
AND
YOUNGER**



**up to
30% OFF on New
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**Comprehensive
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BEAUTY**



Offer Valid Till September 30, 2017

*T&C apply | Results may vary from person to person.

VLCC HEALTH CARE (BANGLADESH) PVT. LTD.

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Road No.:27 (Old), 16 (New) I Dhanmondi I Dhaka
Ph: 9137476-77-78, 01789 595812

Gulshan Center: RM Center I House No. 101 (4th Floor,
above Agora) Gulshan Avenue I Gulshan-2
Ph: 9895580-81-82, 01789 595813

www.vlccwellness.com www.facebook.com/VLCCHealthcare

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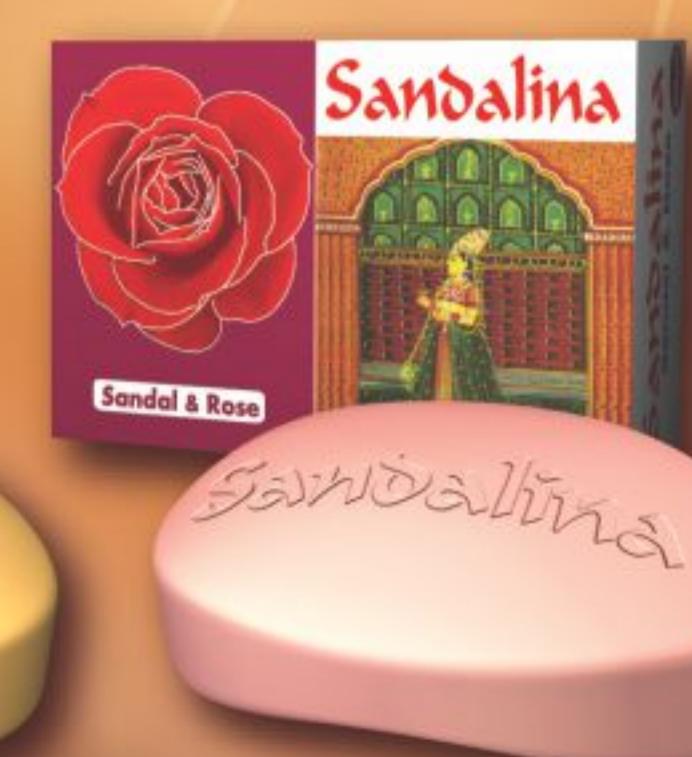
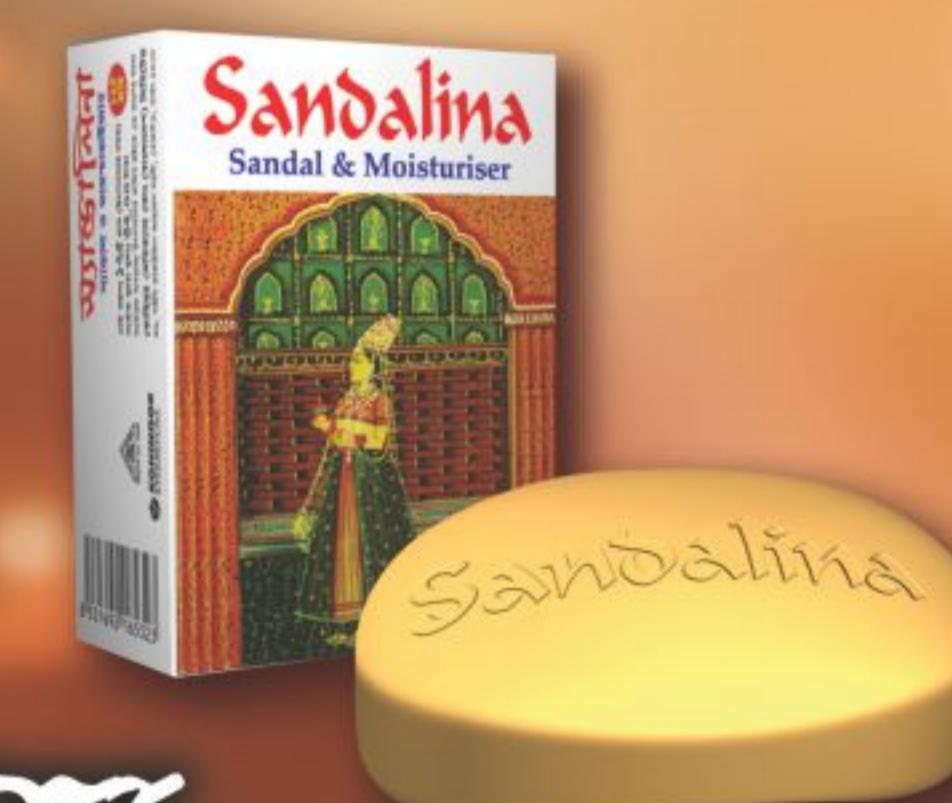
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