



The Bombay Presidency

Radio Club Ltd.

Members Only **NEWSLETTER OCTOBER 2026** Website: www.radioclub.in

157, Arthur Bunder Road, Colaba, Mumbai: - 400 005.

CIN NO: - U99999MH1928GAP001372

Tel: 2284 51 23 / 22845025 / +91 9167863022 / +91 9167863004 Email: admin@radioclub.co.in



THE MANAGEMENT WISHES ALL MEMBERS & THEIR FAMILIES
"HAPPY DUSSEHRA"

102ND ANNUAL GENERAL MEETING HELD ON SAT. 26TH SEPTEMBER, 2026

LIST OF CANDIDATES DECLARED ELECTED BY THE CHAIRMAN OF 102ND ANNUAL GENERAL MEETING
IN ACCORDANCE WITH ARTICLE 70 OF ARTICLES OF ASSOCIATION OF THE COMPANY (THE CLUB)
FOR THE INFORMATION OF MEMBERS, THE FOLLOWING 15 CANDIDATES HAVE BEEN DECLARED
ELECTED UNOPPOSED AT THE 102ND ANNUAL GENERAL MEETING HELD ON SATURDAY 26TH SEPTEMBER 2026.

SR. NO.	NAMES OF CANDIDATES	
1.	ANKIT ATUL TANNA	ELECTED UNOPPOSED
2.	ATUL NARSIDAS TANNA	ELECTED UNOPPOSED
3.	BHARAT MIRCHANDANI	ELECTED UNOPPOSED
4.	CHANDRU KISHINCHAND SHIVDASANI	ELECTED UNOPPOSED
5.	DEVESH DEEPAK MAKHIJANI	ELECTED UNOPPOSED
6.	GULU CHANDIRAM HARJANI	ELECTED UNOPPOSED
7.	JAY KISHIN MAKHIJANI	ELECTED UNOPPOSED
8.	MANOHAR VISHNU BHAVNANI	ELECTED UNOPPOSED
9.	MANOJ MOHAN MIRCHANDANI	ELECTED UNOPPOSED
10.	MINOO ARDESHIR PARDIWALLA	ELECTED UNOPPOSED
11.	MONESH KISHEN MIRCHANDANI	ELECTED UNOPPOSED
12.	PRAKASH CHETAN MIRCHANDANI	ELECTED UNOPPOSED
13.	RAJESH MEHROTRA	ELECTED UNOPPOSED
14.	SHAILESH LACHHMANDAS SUKHIJA	ELECTED UNOPPOSED
15.	SHOEB HASHIM CONTRACTOR	ELECTED UNOPPOSED

OFFICE BEARERS

RAJESH MEHROTRA	- PRESIDENT
MINOO ARDESHIR PARDIWALLA	- VICE-PRESIDENT
PRAKASH CHETAN MIRCHANDANI	- JT. HON. SECRETARY
SHAILESH LACHHMANDAS SUKHIJA	- JT. HON. SECRETARY
MANOJ MOHAN MIRCHANDANI	- JT. HON. TREASURER
SHOEB HASHIM CONTRACTOR	- JT. HON. TREASURER

EMAIL ADDRESSES

MEMBERS ARE HEREBY REQUESTED TO KINDLY FORWARD THEIR QUERIES TO THE RESPECTIVE EMAIL ADDRESS OF THE CLUB MENTIONED BELOW:

- | | | |
|-----------------------------------|---|----------------------------------|
| 1. FOR BANQUETS BOOKINGS | - | banquets@radioclub.co.in |
| 2. FOR ROOM BOOKINGS | - | roomreservations@radioclub.co.in |
| 3. FOR MEMBERS QUERIES | - | memberqueries@radioclub.co.in |
| 4. FOR DETAILS OF ONLINE PAYMENTS | - | onlinepayments@radioclub.co.in |

FRIDAY NITES AT THE PRESIDENCY BAR FROM 8.00 PM. TO 11.00 P.M.

OCT. 2ND: KERMAN & ANAYA, 9TH: ROLAND & BRYNHILD, 23RD: WILLI & THE BAND & 30TH: LYNDON & NATASHA.

SWING & JIVE

SWING & JIVE TO THE RETRO BEATS BY SINGER CABY & LYNN
ON FRI.16TH OCT. FROM 8.00 P.M TO 11.00 P.M. AT THE PRESIDENCY BAR.

INSTRUMENTAL MELODIES BY MARK PARAKH OR SABBY OR KERMAN LIVE AT THE PRESIDENCY BAR ON SUN 4TH & SUN. 18TH OCT. 2026 FROM 7.30 PM. TO 10.30 PM.

MAGICAL MONDAY BY RUZBEH

**JOIN US FOR AN ENCHANTING EVENING OF TIMELESS CLASSICS
AT THE PRESIDENCY BAR ON MON. 12TH OCT. FROM 8.00 P.M. ONWARDS**

KARAOKE NITE WITH JATINDERPAL SINGH BEDI

AT THE PRESIDENCY BAR ON WED. 14TH OCT. FROM 8.00 P.M. TO 11.00 P.M.

BOLLYWOOD NITE SINGER ANKITA BRAMHE

AT THE PRESIDENCY BAR ON WED. 28TH OCT. FROM 8.00 P.M. TO 11.00 P.M.

SATURDAY DJ NITES AT THE PRESIDENCY BAR FROM 8.30 PM. TO 1.00 AM.

HOUSIE: MEMBERS' GET TOGETHER ON ALL FRIDAYS FROM 5.30 P.M. ONWARDS.

ADMISSION: FREE FOR MEMBERS. MEMBERS' GUEST FEE ₹.100/- P.H.

DIWALI BUMPER HOUSIE ON FRI. 30TH OCT. AT THE PIER FROM 6.00 P.M. ONWARDS

ADMISSION: FREE FOR MEMBERS. MEMBERS' GUEST FEE ₹.150/- P.H.

"OKTOBERFEST" BEER & FOOD FESTIVAL FROM THUR. 15TH OCT. TO SAT. 31ST OCT.

FOR LUNCH & DINNER AT ALL VENUES, ALSO TAKEAWAYS & HOME DELIVERIES

A-LA-CARTE MENU: VEG DYNAMITE, JALAPENO CORN CROQUETTES, CHICKEN DYNAMITE, FRITTO MISTO PLATTER (CHICKEN / FISH / PRAWNS), CRISPY VEG CHEESE SLIDERS, BBQ. CHICKEN SLIDERS, CORN HOTDOG ROLLS, CHICKEN SAUSAGE ROLLS, VEG STEAK WITH MUSHROOM SAUCE, CHICKEN GALANTINE WITH MUSHROOM SAUCE, PORK FRANKFURTERS WITH ONION SAUCE & LIQUID TIRAMISU. MENU SUBJECT TO CHANGE. SPECIAL OFFERS ON SELECT BEERS.

DUSSEHRA CELEBRATIONS ON TUE. 20TH OCT. AT THE PIER

SPECIAL ATTRACTIONS: BURNING OF ECOFRIENDLY RAVAN & COLD PYRO EFFECTS, FIRE BALL, CHAKRI PYRO & AERIAL SHOTS AT THE PIER AT 7.30 P.M. ACTIVITIES: AT THE PIER FROM 5.00 P.M ONWARDS FUN PARK MOONWALKER WITH SLIDE, SWING BOAT, CASTLE BOUNCY WITH BALL POOL, BIG BALLER BOUNCY, TATTOO & FACE PAINTING, SHOOT THE RAVAN & RING THE ROCKET.

BREAKFAST BUFFET ON SUN. 25TH OCT. AT THE PATIO / THE LAWNS / HARBOUR VIEW (A.C.) FROM 8.00 A.M. TO 11.30 A.M.

MENU: - CHIA LEMONADE, TEA/COFFEE, BUN MASKA WITH JAM, BREAD SLICE/ BUTTER, TOAST BUTTER, TOSSED SALAD, CHEESE CHUTNEY S/W, CHICKEN MAYO S/W, VERMICELLI UPMA, DAL PAKWAN, SHEPHERD'S PIE.

EGG COUNTER: - FRIED/BOILED/OMELETTE/ BHURJI/SCRAMBLED.

DOSA COUNTER: - SADA / MASALA/ MYSORE/UTTAPAM, IDLI SAMBAR & FRESH FRUIT WITH CUSTARD.

BUFFET BREAKFAST: MEMBERS ₹.300 /-P.H. PLUS TAXES AS APPLICABLE. MEMBER'S GUEST ₹.350/- P.H. PLUS TAXES AS APPLICABLE (MEMBER'S GUEST FEES AT THE RECEPTION WILL BE AS APPLICABLE). MENU SUBJECT TO CHANGE.

CHILDREN'S HALLOWEEN THEME PARTY ON SAT. 31ST OCT. AT THE PIER FROM 4.30 P.M. TO 7.30 P.M.

WITCHES, WARLOCKS, VAMPIRES, GHOSTS & GOBLINS. YOU'RE INVITED TO A GRAND AFFAIR.
COME DRESSED IN YOUR HALLOWEEN SCARIEST BEST.

GAMES: HORROR TATTOO PAINTING, GLOW DROPS, NERF GUN SHOOTING & RING THE WITCH.

ENTERTAINMENT: DRACULA MAGIC SHOW, HORROR PARADE.

ADMISSION: MEMBERS & THEIR CHILDREN ₹. 200/- P.H (INCLUSIVE OF TAXES).
MEMBER'S GUEST ₹.250/- P.H. (INCLUSIVE OF TAXES)

ADMISSION COUPONS AVAILABLE AT RECEPTION COUNTER. EVENT BY: - DREAMSTAR ENTERTAINMENT.
BOOK WELL IN ADVANCE TO AVOID DISAPPOINTMENT. ALL THE ABOVE ACTIVITIES, ETC. ARE SUBJECT TO CHANGE.
FOODS & BEVERAGES WILL BE AVAILABLE AGAINST CASH COUPONS.

GET TOGETHER OF "SILVER LININGS - 2026" FOR REGISTERED MEMBERS ONLY
AT THE PRESIDENCY LOUNGE ON TUE. 13TH OCT. FROM 5.30 P.M. ONWARDS

THEME: GARBA NITE FROM 6:00 PM ONWARDS

REGISTRATION TIME 5.30 P.M. FOLLOWED BY CAKE CUTTING AT 5.45 P.M.

JOIN US FOR AN ENCHANTING EVENING OF TRADITIONAL GARBA DANCE, MUSIC & VIBRANT COLORS. DANCE THE NIGHT AWAY AND IMMERSE YOURSELF IN THE FESTIVAL SPIRIT WITH YOUR FRIENDS AND FAMILY.

ATTRACTIVE PRIZES TO BE WON. FOR BEST TRADITIONAL OUTFIT, BEST CREATIVE OUTFIT, BEST DANCER MALE & FEMALE.

ADMISSION PER EVENT: - FOR OTHER MEMBERS WHO ARE NOT THE MEMBERS OF "SILVER LININGS" 2026 GROUP ₹. 300/- PLUS TAXES AS APPLICABLE P.H. & FOR MEMBERS' GUEST ₹. 350/- PLUS TAXES AS APPLICABLE P.H.

& USUAL GUEST FEES AS APPLICABLE.

CONGRATULATIONS

OUR MEMBER ADV. RAYAAN RAZMI, HAS BEEN RANKED INDIA NO. 1 IN MEN'S SNOOKER AND NO. 2 IN MEN'S BILLIARDS, AND WILL BE REPRESENTING INDIA AT THE COMMONWEALTH CUESPORTS CHAMPIONSHIP, SCHEDULED TO BE HELD FROM WED.7TH TO SAT.10TH OCTOBER 2026 IN AHMEDABAD, INDIA.

WE WISH HIM THE VERY BEST FOR THE CHAMPIONSHIP AND HIS ENDEAVOURS AHEAD.

CONGRATULATIONS TO THE WINNERS OF MEMBERS ANNUAL HANDICAP BILLIARDS & SNOOKER TOURNAMENT 2026

MEMBERS' HANDICAP BILLIARDS

WINNER : MR. VICKY JAGTIANI
1ST RUNNER UP : MR. NEVILLE RAZMI
HIGHEST BREAK : MR. NEVILLE RAZMI (48 BREAKS)

THE MANAGEMENT THANKS THE TOURNAMENT DIRECTORS.

MEMBERS' HANDICAP SNOOKER

WINNER : MR. VICKY JAGTIANI
1ST RUNNER UP : MR. ANUJ MAHAJAN
HIGHEST BREAK : MR. NEVILLE RAZMI

THAAL FOR BANQUETS

GOOD NEWS FOR RADIO CLUB MEMBERS THAT BHORI THAAL HAS BEEN INTRODUCED AT ALL BANQUET - VENUES. FOR FURTHER DETAILS, CONTACT: MR. NILESH DIGHE ON 9821210538 OR BANQUET MANAGERS.

ADVERTISING IN NEWSLETTER / NOTICE BOARD/ RECEPTION COUNTER

1. ADVERTISEMENT IN CLUB'S NEWSLETTER IN E-COPY ONLY:

- (A) FULL PAGE ADVERTISEMENT ₹. 8,000/- SIZE 190 MM X 280 MM
- (B) HALF PAGE ADVERTISEMENT ₹. 4,000/- SIZE 190 MM X 140 MM
- (C) QUARTER PAGE ADVERTISEMENT ₹. 2,500/- SIZE 85 MM X 140 MM

2. ADVERTISEMENT ON YOUR STANDEE AT THE CLUB

₹. 10,000/- PER MONTH I.E 30 DAYS SIZE 6' X 3'

3. FOR MEMBERS ONLY

A) ADVERTISEMENT IN CLUB'S NOTICE BOARD.

1) A4 SIZE ADVERTISEMENT ₹. 500/- FOR 15 DAYS (2) A3 SIZE ADVERTISEMENT ₹. 700/- FOR 15 DAYS.

B) YOUR FLYERS/ PAMPHLETS KEPT AT THE CLUB'S RECEPTION COUNTER FOR ADVERTISING ₹. 500/- FOR 15 DAYS.

PLUS TAXES AS APPLICABLE

"DISCLAIMER: MEMBERS PLEASE NOTE THE CLUB DOES NOT ENDORSE ANY PRODUCT / SERVICES BEING ADVERTISED".

PLEASE NOTE THAT THE ABOVE MENTIONED SENTENCE MUST APPEAR IN ALL YOUR ADVERTISEMENTS.

FOR FURTHER DETAILS, CONTACT OMPRAKASH TIWARI ON 9892230126 OR RAHUL SINGH ON 8080177360 OR THE ADMIN OFFICE OR ON CLUB'S LANDLINE OR THE JT. HON. SECRETARIES.

FORTHCOMING EVENTS

SPECIAL DIWALI BUFFET LUNCH AT THE PATIO / THE LAWNs / HARBOUR VIEW & PRESIDENCY BAR
ON SUN.15TH NOV. FROM 12.30 P.M. ONWARDS.

BAND: BERNICE SOLO AT PRESIDENCY BAR FROM 12.30 P.M. TO 3.15 P.M.

MENU: BEETROOT RASAM WITH MINI WADAS, CHANA CHAAT, CORN AND CRISPY NOODLE CHAAT, CUCUMBER & TOMATO SALAD WITH PEANUT TEMPERING, PAV BHAAJI CHEESE TARTS, CORN ROLLS, CHICKEN KHEEMA TARTS, AJWAIN FISH KOLIWADA, PANEER METHI MATAR LAHORI, SIMLA ALOO BHARTA, PUNJABI CHOLE, CHICKEN VIJAYWADA, MUTTON RAHRA, VEG PULAV, DAL MAKHNI, DAHI BHALLA WITH SWEET CHUTNEY, ASSORTED NAAN AND PARATHAS GARLIC BREAD, WARM BREAD PUDDING WITH PINEAPPLE GLAZE, VANILLA ICECREAM & CHOCOLATE ICECREAM. MEMBER'S ₹.650/- P.H. (PLUS TAXES AS APPLICABLE), MEMBER'S GUEST ₹.700/- P.H. (PLUS TAXES AS APPLICABLE. MEMBER'S GUEST FEES AT THE RECEPTION WILL BE AS APPLICABLE). THE BUFFET WILL BE PLACED AT THE PATIO & RC LOUNGE. MEMBERS WILL HAVE THE OPTION OF DINING AT THE PATIO / THE LAWNs/ HARBOUR VIEW & PRESIDENCY BAR. LUNCH COUPONS AVAILABLE AT THE CATERING OFFICE. KINDLY BOOK IN ADVANCE TO AVOID DISAPPOINTMENT.

PICKLEBALL COACHING FOR ALL AGE GROUPS

IN THE MORNINGS & EVENINGS FOR ALL AGE GROUPS. FOR FURTHER DETAILS, KINDLY CONTACT ON 7021311179.

PADEL BALL COACHING FOR KIDS

EVERY MON. & FRI. FROM 4.00 PM TO 5.00 PM & 5.00 PM TO 6.00 PM.

FOR AGES 6-8 YEARS & 9-12 YEARS. SAFE & FUN ENVIRONMENT, CERTIFIED COACHES, BUILDS COORDINATION, CONFIDENCE, TEAMWORK & HAND-EYE SKILLS.

LIMITED SPOTS AVAILABLE - FIRST COME, FIRST SERVE! DROP US A MESSAGE ON:

9820761970 / 9702016919 OR SCAN THE QR CODE FOR THE REGISTRATION LINK.



PADEL BALL COACHING PROGRAM AT RADIO CLUB
DESIGNED FOR BEGINNERS AND INTERMEDIATE PLAYERS.

THIS INITIATIVE AIMS TO PROVIDE STRUCTURED TRAINING FOR BOTH MEMBERS AND MEMBERS' GUESTS. SCAN THE QR CODE FOR THE REGISTRATION LINK: CHARGES: MEMBERS: ₹. 8000/- PER PERSON PER MONTH. MEMBER'S GUESTS: ₹. 9000/- PER PERSON PER MONTH. PLAYERS ARE TO REGISTER FOR A MINIMUM OF 2 MONTHS. BATCH TIMINGS ARE SUBJECT TO AVAILABILITY. YOU WILL HAVE TO GET YOUR OWN RACQUETS FOR THE GAMES. FOR DETAILS AND BOOKINGS, CONTACT OR WHATSAPP ON +91 7021311179.



UNLEASH YOUR POTENTIAL WITH OUR EXPERT COACHING CLASSES!!

BOLLYWOOD DANCE AND FITNESS CLASSES

BOLLYWOOD DANCE AND FITNESS CLASSES FOR MEMBERS AND MEMBERS' GUESTS ON EVERY THURSDAY FROM 7.15 P.M. TO 8.15 P.M. **ADMISSION FEES:** MEMBERS ₹. 2000/- P.H. INCLUSIVE OF ALL TAXES, FOR A MONTH (4 CLASSES). GUESTS: ₹. 2500/- P.H. INCLUSIVE OF ALL TAXES, FOR A MONTH (4 CLASSES). FOR REGISTRATIONS, KINDLY CONTACT ANKIT - 9372427073.

SWIMMING COACHING FOR CHILDREN & ADULTS

15 SESSIONS PER BATCH 9:00 AM. – 10:00 AM. ON TUE., THU., SAT. & SUN. & 5:00 PM. – 06:00 PM. ON MON., WED. & FRI. FOR REGISTRATIONS, CONTACT COACH JAYNATH DHANU - 7977420426 / 8898114644.

SOCIAL DANCING CLASSES

FOR REGISTRATIONS CONTACT ROHINTON MASTER - 9821011921. EVERY FRIDAY 6:30 PM TO 7:30 PM. & 7:30 P.M. TO 8:30 PM.

REJUVENATE WITH RESTORATIVE YOGA

STEP INTO A SPACE OF BALANCE AND CALM WITH YOGA CLASSES GUIDED BY MS. SHIVLI MALANI, EVERY MONDAY AND WEDNESDAY AT 5:00 PM. THESE SESSIONS COMBINE CONSCIOUS BREATHING, GENTLE YOGA MOVEMENTS, AND SOUND HEALING TO HELP YOU RELAX, RESTORE, AND REALIGN. ₹.2400 FOR 4 SESSIONS/MONTH ₹.4800 FOR 8 SESSIONS/MONTH. FOR GUESTS, THEY PAY ₹ 50/- PER SESSION OVER THE ABOVE THE REGULAR MEMBER RATES. TO BOOK YOUR PLACE OR LEARN MORE, CONTACT SHIVLI MALANI AT 9820178471.

FIND YOUR INNER BALANCE WITH SHIV HOLISTIC YOGA

FOR REGISTRATIONS, CONTACT SHIV KUMAR MISHRA - 93229 20332 / 77389 03308. DURATION: ONE MONTH. TUE., THUR. AND SAT. 7:00 A.M. TO 8:00 A.M.

SPORTS NEWS

ZUMBA: ON EVERY MON., WED. & FRI. FROM 7.00 A.M. TO 8.00 A.M. & ON EVERY MON. & WED. FROM 7.00 P.M. TO 8.00 P.M. FOR REGISTRATION KINDLY, CONTACT REBANT BHUL - 7666033086.

PRE-ADVANCED & ADVANCED SWIMMING COACHING PROGRAMME:

PROGRAMME DESIGNED BY WATER RHYTHM ACADEMY. **PRE-ADV.:** TUE., THU. & SAT. TIMINGS – 5.30 P.M TO 6.30 P.M. & **ADV.:** MON TO SAT. BOTH MORNINGS AND EVENINGS EXACT TIMINGS TO BE CONFIRMED BY THE COACH.

BADMINTON COACHING BY “STRINGS AND FEATHERS”: BY NIKHIL MANSUKHANI (A PSM CERTIFICATE COACH) FOR ALL AGE GROUPS FROM TUE. TO FRI. - 3.00 P.M. TO 6.00 P.M. & ON SAT. & SUN. 11.00 A.M. TO 6.00 P.M. FOR REGISTRATION CONTACT NIKHIL MANSUKHANI - 9833552171.

BILLIARDS, SNOOKER & POOL COACHING: FOR REGISTRATIONS CONTACT CHINMAY ON 9324687611, DILIP ON 9930683122, VIKAS ON 9819508731 & MUKESH ON 7977552794. DAYS & TIMES TO BE CONFIRMED WITH COACHES.

FOR ALL COACHING FACILITIES CONTACT THE HELPDESK AT THE RESPECTIVE FACILITY.

NEWS WE CAN USE

THERE WILL BE NO VALET SERVICE AVAILABLE I.E. ON: TUE.20TH, FRI. 30TH & SAT.31ST OCT. FURTHER DATES, IF ANY WILL BE NOTIFIED VIA MOBILE APP. NOTIFICATION AND CLUB'S NOTICE BOARD/ CLUB'S WEBSITE.

DAY'S SPECIAL, MINI MEALS FOR LUNCH, CHEF'S SPECIAL MENU, ORIENTAL CHEF'S SPECIAL MENU, HEALTHY MENU & FOR BAR PROMOTIONS: CHECK WITH SERVICE STAFF FOR DETAILS.

BE A PART OF THE GREEN REVOLUTION

AN AVERAGE PERSON USES OVER 400 TREES WORTH OF PAPER IN A LIFETIME. YOU CAN STOP THIS BY SENDING YOUR CONSENT FOR RECEIVING BILLS, INVOICES, STATEMENT FOR THE MONTH, NOTICES, NEWSLETTERS, NOTICES FOR GENERAL MEETINGS, FINANCIAL STATEMENTS ALONG WITH BOARD'S REPORT & AUDITORS' REPORT & OTHER CORRESPONDENCES, ETC. BY EMAIL, E - COMMUNICATION. LET'S PLEDGE TO SAVE PAPER & MAKE THIS A GREENER WORLD. HELP YOUR CLUB FOR THIS GREEN INITIATIVE. MOREOVER, UNDER THE CURRENT CIRCUMSTANCES IT IS NECESSARY TO GIVE YOUR CONSENT FOR E-COMMUNICATION. CONSENT FORMS ARE AVAILABLE AT THE RECEPTION & THE CLUB'S WEBSITE: www.radioclub.in.

MEMBERS ARE REQUESTED TO REFER TO THE CLUB'S NOTICE BOARD / WEBSITE FOR DETAILS, CHANGES, ALTERATIONS OR CANCELLATION OF ANY PROGRAMME, OR ANY ADDITIONAL PROGRAMME. KINDLY REFER TO NOTICE BOARD FOR VARIOUS PROMOTIONS & SPECIAL OFFERS. MEMBERS ARE ALSO REQUESTED TO ALWAYS CARRY THEIR INDIVIDUAL RFID MEMBERSHIP CARD WHEN VISITING THE CLUB. BOOK EARLY FOR ALL THE PROGRAMMES IN ORDER TO AVOID DISAPPOINTMENT. MANAGEMENT RESERVES THE RIGHT TO MAKE ANY CHANGE / CANCELLATION IN ANY PROGRAMME WITHOUT ANY NOTICE.

BE SAFE & STAY HEALTHY