

NAME: FRANCIS SHAKAH OMOROGBE
ID: 2528397
LECTURER'S NAME: DR K OSENI

Maintaining Fitness and Healthy Eating Habits with Proper Timing

DATE: 20APRIL 2026
TIME: 1.00PM - 3.00PM

VENUE: UNIVERSITY HALL
GUEST SPEAKER: DR O KENNETH
fitness and food nutriton specislist

Reference List
www.canva.com
www.google.com

