



**MALAYSIAN ASSOCIATION OF SPORTS MEDICINE  
(MASM)**



*proudly present*

## **MASM WEBINAR SERIES 2.0**

**"Fitness in Sync : How to Align Your Workouts with  
Your Menstrual Cycle"**



**29TH NOVEMBER 2024  
FRIDAY  
2.30 PM**



**FREE ZOOM LINK**

**OPEN TO PUBLIC**



**SPEAKER  
DR PUISAN**

**SPORTS PHYSICIAN  
HOSPITAL TUANKU JAAFAR**



**MODERATOR  
DR HAZWAN**

*EXCO  
MASM*