



Tanvir Ahmed
Qaid Health

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Health Dept

The Points - Exercise at least 4 days / week (35%) of membership

Free Medical Services for all Ahmadies in USA.
Call [716-800-1889](tel:716-800-1889) from [Monday to Friday 9-5](#)
Eastern or email helpline@ansarusa.org

Free Medical Clinics at Bait-ur- Rehman and South Virginia Mosque. We want to have one in each Majlis. We will help with everything