



[Mamastou Janha and Baye Janha](#)

THE JANHA GET FIT GET WELL PROGRAM

To enhance good quality life, THE JANHA GET FIT GET WELL PROGRAM was initiated by the founder Mr. Ebou Janha few years ago. It is a robust program that helps keep a healthy and what I described as a stress-free life through exercising.

The program is part of the activities of QCT OF USA and is open to any individual who is interested and also agreed to conform to the organization's set protocols. To enroll, an application form must be filled and signed by a participant and approved by an authorized QCT OF USA individual.

THE BENEFITS ASSOCIATED WITH THE PROGRAM

- *The programs help you engage in series of activities that will help you stay in great shape physically.*
- *The program will help you live a stress-free life.*
- *The students who enroll to the program will benefit from the discounted rates of the IT training programs provided by the organization.*
- *A great opportunity to meet and connect with new people. A great opportunity to learn new talents in the following games; Soccer, Basketball and American Football.*

To enroll contact Mr. Ebou Janha at [678.531.8266](tel:678.531.8266) or by email info@qctofusa.com

Revised 08/12/21 by Mr. Ebou Janha