

HINDU CULTURAL CENTER PRESENTS

# HEALTH & WELLNESS FAIR

**SAT, APRIL 22<sup>ND</sup>**  
**9AM-2PM**

Venue: Hindu cultural center, 450 Albany Shaker road, Albany, NY 12211



## PREVENTION WITH HOLISTIC APPROACH

- YOGA
- REIKI
- MASSAGE
- MEDITATION
- SOUND HEALING
- AYURVEDA
- ACUPUNCTURE
- TAI CHI
- NUTRITION
- ESSENTIAL OILS
- BRAHMAKUMARIS
- ART OF LIVING
- CDYMCA
- MANY MORE WELLNESS BOOTHS
- SPICE TABLE FOR EVERYONE



## FREE SCREENINGS & CONSULTATION

- BP/BMI
- BLOOD GLUCOSE
- VISION
- HEARING
- DENTAL
- GENERAL MEDICINE
- SKIN HEALTH
- MENTAL HEALTH
- LUNG HEALTH
- WOMEN'S HEALTH
- SLEEP HYGIENE
- FALL PREVENTION
- CHILD PASSENGER SAFETY
- CANCER SCREENING
- KIDNEY DISEASE RISK ASSESSMENT
- VASCULAR AWARENESS
- ALZHEIMERS AWARENESS
- SMOKING CESSATION
- CHIROPRACTIC ASSESSMENT
- FIDELIS CARE

**Indian Food**

**Free admission**  
**Open to public**

**Raffles**



### Event Coordinators

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