

# SAVE THE DATE!!!

HINDU CULTURAL CENTER PRESENTS

## HEALTH & WELLNESS FAIR

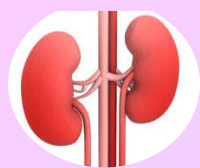
**SAT, MAY 5<sup>TH</sup>**  
**9AM-2PM**

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
- CDPHP
- BRAHMAKUMARIS
- ART OF LIVING
- CDYMCA
- MANY MORE WELLNESS BOOTHS



### 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
- MVP

**Indian Food**

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

**Raffles**

[Click here to register](#)



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