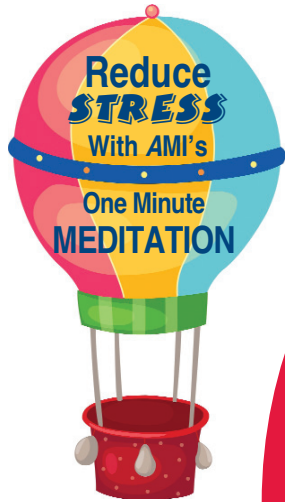




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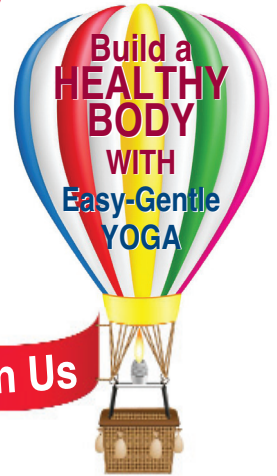
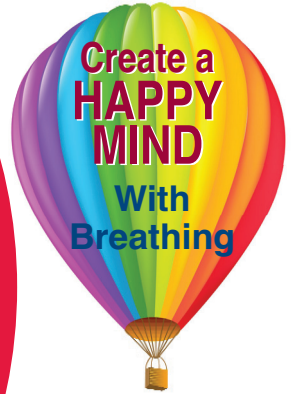


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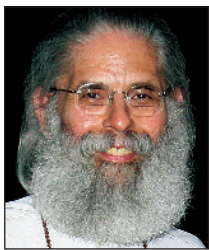
April 29, 2017



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Practical Tools for Healthy Living

Presented by Mind/Body Medicine Pioneers and Physicians



Leonard Perlmutter
AMI Founder
Keynote Speaker



Beth Netter MD



Mark Pettus MD



Susan Lord MD



Tony Santilli MD



PrashantKaushikMD



Sara Lazar PhD



Mary Holloway



Jenness Perlmutter



Bernie Siegel MD
Mind/Body Pioneer
Keynote Speaker

Hindu Cultural Center, 450 Albany-Shaker Road, Albany NY • 9:45am-4pm • \$45

SELECT YOUR OWN CLASS SCHEDULE, AND JOIN US FOR ALL OR PART OF THE DAY. THE ADMISSION PRICE COVERS A FULL DAY OF PROGRAMS AND A GOURMET VEGETARIAN LUNCH.

Beginner's Session:

10:00am – 10:45am MEDITATION 101 Mary Holloway
10:45am – 11:15am BREATH AS MEDICINE Beth Netter MD
11:15am – 11:45am RELIEVING STRESS Tony Santilli MD
12:00pm – 12:45pm LUNCH (Gourmet Vegetarian)
12:45pm – 1:15pm FOOD AS MEDICINE Susan Lord MD

Advanced Session:

10:00am – 10:45am DNA IS NOT DESTINY Mark Pettus MD
10:45am – 11:15am WHO AM I? Leonard Perlmutter
11:30am – 12:15pm MEDITATION & THE BRAIN Sara Lazar PhD
12:30pm – 1:15pm LUNCH (Gourmet Vegetarian)

Keynote Speakers:

1:20pm – 2:15pm MIND/BODY CONNECTION Leonard Perlmutter
2:20pm – 3:15pm HEALING POWER of LOVE Bernie Siegel MD
3:25pm – 4:00pm PANEL DISCUSSION

EASY-GENTLE YOGA

12:30pm – 1:00pm and 3:15pm – 3:45pm