

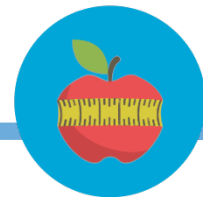
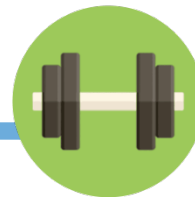
Be Educated, Enlightened and Empowered with Health and Wellness
Hindu Cultural Center (HCC) present

HEALTH & WELLNESS FAIR

APRIL 22, 2017

9AM TO 2PM

FREE ADMISSION · OPEN TO THE PUBLIC!



This Health and Wellness Fair presents integration of eastern and western health practices, aimed at physical and emotional wellness. It will introduce you to a spectrum of practices and approaches integrating conventional medicine and complementary medicine through Yoga, Meditation, Reiki, and Holistic Nutrition etc. aiming to bring awareness about comprehensive and holistic health care.

Healthy Indian Cuisine, including smoothies, Snacks, salads and lunch, will be available for purchase

Venue:
Hindu Cultural Center
450 Albany Shaker Road, Albany, NY 12211

Our Sponsors



Dr Sushma Venugopal, Dr. Padma Sripada

Event Coordinators

Dr Swatantra Mitta (518-495-3847), Dr Manjula Salgam (518-852-2200) Dr Vijaya Gandham (518-506-6066)
Dr Asha Pandu (518-450-9306) Nidhi Agrawal (5188926095) .For more details contact us at hcchealthfair@aol.com



Follow Albany Hindu Temple | www.albanyhindutemple.org/ee/index.php/HCC/Events

Health Clinics

Asthma control and management	Dr Manjunath Kallanna MD
Behavioral health assessment and counseling	Dr Deowchand Depoo MD
Counseling and advice for emotional problems	Dr Srinivas Mitta MD
Dental	Dr Sreedevi Mandava & Dr Amruth Mandava
Education about mental health problems	Dr Pankaj Kishore MD
Gastrointestinal disease awareness and consultation	Dr Sushma Venugopal MD
Hearing	Dr Peggy O'Neill
Heart disease awareness and consultation	Dr Sulagna Mookherjee MD
Internal Medicine	Dr Padma Sripada, MD
Nephrology	Dr Krishnakumar Hongalgi MD and team
Pediatrics	Dr Hadi Koohsari MD
Plastic Surgery	Dr Mohan Sadana MD
Vision screen, testing eye pressure, slit lamp examination, depth perception and color vision testing in kids. Awareness about cataract, glaucoma and macular degeneration.	Dr Pamela Kaw MD
WE Care – Consultation and advise on nutrition, exercise and behavior change	Dr Raymond Carrelle, MD
Women's Health, Awareness about breast cancers	Dr Christa Abraham MD

Kidney Disease Risk Assessment Program

The Northeast Kidney Foundation will be conducting a free kidney risk assessment to help you understand if you're at risk for kidney disease. The screening will consist of a brief questionnaire, followed by measurements of height, weight and blood pressure; glucose levels and a urine test to check for kidney function. Participants will then have a one on one consultation to discuss their results and their risk factors for kidney disease.

Breakout Sessions

Yoga by HCC yoga team
9.00am -9.45am

Brahmakumaris Meditation
9.30-10 am & 1.30-2pm

Tai Chi-Dr Salvatore Casano
10-10.30am & 10.30-11 am

Yoga by Rita Ajmera
11-11.20 am

***Who said meditation is difficult? by
Suryanarayana Chennapragada***
11.30-12 & 1pm-1.30pm

***Transcendental Meditation-How it can
affect your health? -Dr Saperstone and
Tom Bojarski***
12-12.30& 12.30-1pm

***Education and Prevention of Drug
Addiction in Children by Govind Rao MD***
1.30-2pm

HEALTH & WELLNESS BOOTHS

ALBANY COUNTY DEPARTMENT FOR AGING
Sandra J. Martin discusses how to help seniors maintain an independent and self-directed lifestyle.

ALBANY COUNTY DEPARTMENT FOR HEALTH. Maureen Casale -Reidy will provide information about disease prevention and the public health services offered in Albany County. Information about the robust public health emergency preparedness program.

ALBANY MEDICAL CENTER
Tobacco Cessation Service by Karen Dylong.

AMERICAN CANCER SOCIETY will provide information on cancer awareness and screening programs and support clubs.

ART OF LIVING -learn simple techniques for stress management.

ALZHEIMER'S ASSOCIATION OF NORTHEASTERN NY. -This organization has a three-fold mission: advancing research; enhancing care and support; and promoting risk reduction and brain health.

BALANCED HOLISTIC Dr Frankie Porcaro will provide information about Divine Healing, which includes Reiki, Life Coaching, Spiritual Counseling, Medical Intuitive information, Psychic Medium messages.

BLOOD PRESSURE/ Weight / BMI check by AMC Students.

BODY WORKS -Restore balance, relieve pain and rejuvenate.

BRAHMAKUMARIS-Know more about free seminars and workshop for rediscovering our spiritual compass, empowering ourselves and practices to bring in peace and harmony in our daily lives

CCP'S CLIFTON PARK PEDIATRICS
Dr. Swatantra Mitta will answer questions regarding your child's nutrition, different physical activities and adolescent health information

CCP will be promoting healthcare services, specifically their new telemedicine app: VICA - Virtual Care.

CAPITAL DISTRICT YMCA know more about all the YMCA health and wellness programs for adults to summer camp for children.

CDPHP will provide health education, prevention literature and fun game.

CENTER FOR VASCULAR AWARENESS, INC.
A nonprofit organization dedicated to providing education in the field of vascular medicine to the public, physicians, and other health care professionals.

CHILD CAR SAFETY DISPLAY
Trooper Eric Vandenburg is a nationally certified Child Passenger Technician. He will be present and provide information that can help you keep your children safe while they are in a motor vehicle. There will be information about car seats, the proper installation, types of seats, age/height limitations and laws regarding child passenger safety.

CHIROPRACTOR CARE -Dr Terry Dhanjal-Garcha will provide posture screening & footbath detoxification.

FALL PREVENTION education by Ketaki Nagarkar

FIDELIS CARE Learn about various plans of health coverage for you and your family.

GOOD KARMA 5k run/walk registration - Aim for Seva-Free T-Shirt for first 300 sign-ups.

KINKAID FAMILY CHIROPRACTOR -visit the booth for a 5-minute posture analysis screening with an explanation of how chiropractic care can help you correct poor postural habits that have detrimental effects on your life.

HOLISTIC NUTRITION AND SPICE TABLE - Nidhi Agrawal.

GO GREEN (Shri Sathya Sai Organization, USA) – Kids are given education with human values. As part of this initiative, kids are learning on conserving nature, gratitude to the community and family.

MVP – Sugar/Salt content in foods and more educational information.

NUTRITION AS THERAPY-Know more about holistic nutrition and drugless therapy by Amar Pabbi.

PRICE CHOPPER LOUDONVILLE-Will provide health related educational materials and Brownbag.

ENERGY HEALING SESSIONS by Diane M Foster

INTEGRATED ENERGY THERAPY and REIKI
Caroline A Knoblauch

REIKI-Experience relaxation with Reiki by Dianne Stammus, Elizabeth.

SPIRIT TREE CONNECTIONS

- Heidi Calhoun will provide stress relief methods
- Reiki rocks-Toni Craft
- Holistic chair massage by Laura Bailey,
- Two Sisters Intuition-Lisa Brown and Jennie
- Integrative energy therapy- Rachel Garrett
- Chair Reiki-by Michelle Osgood
- Sound healing by Brandon Russ

RUDY A.CICCOTI FAMILY RECREATION
CENTER-A medically integrated wellness center will provide information about their ongoing activities.

TRANSCENDENTAL MEDITATION by Tom Bojarski. Know more about the Maharishi Ayurvedic products.

OTHER ACTIVITIES

Colonie EMS
Ambulance Display

HEALTHY CUISINE FOR PURCHASE

Snacks

Chia Balls/Energy Bars
Quinoa Cutlets/Chutney

Salads

Sprout Salad
Mixed Fruits

Smoothie-Fruit smoothie

Lunch

Bisi Bele Bath brown rice)/Papad
North Indian Kichdi/Yogurt/Papad
Quinoa/Mung Idli/Coconut chutney
Mint Pulav/Yogurt
Veggie wraps and Panini

RAFFLES –ENTER TO WIN EXCITING PRIZES

1. HCC yoga for two (value 100\$)
2. Free screening colonoscopy and nutrition consultation-by Dr Sushma Venugopal
3. YMCA -free 3 month adult membership
4. Holistic nutrition consultation with Healing Gut Naturally. (200\$)
5. Dr Terry Body code session
6. Dianne Foster energy healing session (120\$)
7. Mind plus Body private meditation session
8. Spirit Tree- meditation series
9. One hour massage with Laura from Spirit Tree
10. Gift worth 69\$ from D.C.K Jewelers
11. 30-minute Reiki Session OR Psychic Reading (winner's choice of service)(50\$) Spirit tree (Jennie)
12. Small basket of crystals w/ Gift Certificate for Reiki Rocks Shoppe from Toni Craft
13. 30min Elizabeth Reiki session
14. Gift Card for 1 hour session with Balanced holistic
15. Assorted Ayurvedic tea and herbal samples
16. Two Books, and DVD-Transcendental Meditation
17. Gift voucher worth 25\$ from Karavali restaurant
18. Gift voucher worth 25\$ from Spicy Mint restaurant
19. CDPHP-Yoga mat and bag
20. Goodie bags with Yankee candles and chocolates
21. Crystal bag for abundance and prosperity –Diane Stamas
22. Mandala Round Throw-Michelle Osgood
23. Deep Blue pain relief cream
24. An Intuitive Medium Reading for one hour-Brandon Russ

Please enter your mobile numbers behind the tickets before dropping into the basket. Winners will be contacted over the phone. If not winning number will be announced in the HCC website

Well-wishers: Dr Terry Dhanjal-Garcha,
Tom Bojarski, Ed. D

Our apologies for any omissions and commissions

*We appreciate and are grateful to all
our volunteers for dedicating their services*

*We thank all our exhibitors and sponsors and
Raffle donors*

IT'S YOUR CHOICE, MAKE IT HEALTHY