

Hindu Cultural Center presents



# Aging with Grace : counting life by smiles

An introductory talk on  
changes we experience as we age

Expect to hear about changes in the physical  
body, mental health, gut health, detoxification and  
self care to replenish and rejuvenate

Wednesday, October 3, 2018

6:00 -6: 30pm-Light dinner

6.30-7.30pm-Lecture presentation followed by Q/A

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

RSVP to

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