

HINDU CULTURAL CENTER PRESENTS

HEALTH & WELLNESS SEMINAR

Wednesday, August 14th 2019 - 6:00PM to 7:00PM

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

**Free Admission
Open to public**

**“Taking care of our joints to prevent arthritis and
enjoying better health”**

by

Dr. Prashanth Kaushik



Please RSVP for Seminar by August 9th:

Dr. Swatantra Mitta: swatantra.mitta@yahoo.com; 518-495-3847

Dr. Vijaya Gandham: drgand2015@gmail.com; 518-506-6066

**Food will be available for purchase (CASH ONLY) after 7 pm:
if you are interested in this option, please send an email to
rasikpshah@hotmail.com by Friday, August 9th, 6PM**