

Join us for a Panel Discussion

on COVID-19

Community Awareness and Prevention



AGENDA

- What is COVID-19 & symptoms?
- Physiological Impact
- When do you seek help?
- Testing & Vaccination
- Mindfulness & Breathing Techniques
- Your role in the community
- Q & A

[Click here to send your questions to the panel in advance](#)

Panelists:

Dr. Divya Kulkarni,
MD Family Medicine

Vaishali Kale
MS Laboratory Sciences, Lab Scientist,
Transfusion Services, Albany Medical Center

Preeti Bavdekar
Physical Therapy and Rehabilitation, Registered
Yoga Teacher (RYT)

When: January 30, 2021

Where: Virtual Session

On [Zoom](#)

Meeting ID: 892 9317 0397

Passcode: COVID

Time: 5:30pm - 7pm

Any Questions?? Please contact us at
518.727.2752



Organized by Albany Maharashtra Mandal(AMM).
Please feel free to share the link with your friends and family. Thanks!