

SOUTH ASIAN HEALTH AWARENESS ABOUT STROKE IN THE CAPITAL REGION
(SAHAS-CR): A COMMUNITY HEALTH PROMOTION INITIATIVE IN THE CAPITAL REGION

HEART HEALTH EDUCATION SESSIONS

HINDU CULTURAL CENTER: 450 SHAKER RD, ALBANY
GURU NANAK DARBAR: 1944 UNION ST, SCHENECTADY

MAR 05 [AT] HINDU CULTURAL CENTER
10AM - 1:00PM

MAR 25 [AT] GURU NANAK DARBAR OF ALBANY INC.
10AM - 1:00PM



FREE measuring tapes & yoga mats
Heart healthy recipes and snacks
Raffle entries for prizes



Must be age 18 or older



REGISTER HERE:
tinyurl.com/hearthealth

QUESTIONS? EMAIL US
SINGHG3@AMC.EDU

Organized by Albany Medical College Medical Students in partnership with
American Association of Physicians of Indian Origin



SOUTH ASIAN HEALTH AWARENESS ABOUT STROKE
IN THE CAPITAL REGION (SAHAS-CR)

HELP FUND ALBANY MED'S SOUTH ASIAN CARDIOVASCULAR EDUCATIONAL INITIATIVE

Funding will go towards:
FREE measuring tapes & yoga mats
Heart healthy recipes and snacks
Raffle entries for prizes

3 tiers of sponsorship:
Gold: \$100+
Silver: \$50+
Bronze: \$25+

Requested Donations Item(s):

Food items to fundraise from (samosas, lassi, Indian sweets, chai)
Monetary donation amounts
Basket of products from your business to raffle
Gift certificates/coupons from your business

IN EXCHANGE FOR ADVERTISEMENT AND PROMOTION AT THE TWO
FOLLOWING COMMUNITY EVENTS:



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INTERESTED IN DONATING? EMAIL US
AMCAAPI@GMAIL.COM

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