

## Lohana Cultural Foundation presents - Senior's Health and Wellness Seminar & Bingo Day

**Sunday, May 24<sup>th</sup> 2009**

**Time:** 1:00 pm – 3:00 pm Health & Wellness Seminar  
3:00pm – 5:00 pm Bingo

**Location:** Hindu Mandir & Cultural Centre, 6875 Professional Court, Mississauga, (905)678-1166

On Sunday, May 24<sup>th</sup> the Lohana Cultural Foundation is hosting a senior's Health & Wellness Seminar followed by an afternoon of fun filled Bingo. There will be discussions on Heart Disease & Diabetes and High Blood pressure as well as heart healthy & Indian vegetarian diets, tips on exercising to stay fit and how to monitor your blood pressure as well as blood sugar.

Speakers are **Dr. Vivian Rambihar**, Cardiologist; **Dr. Bhiku Jethalal**, Internal Medicine and Nutritional Counselling; **Dr. Arun Seth**, Family Practice and **Dr. Reena Kotecha**, Dentist who will speak on senior's oral health. There will be a blood pressure & stroke clinic sponsored by the Heart & Stroke Foundation.

There will be a full question & answer session conducted in English, Hindi & or Gujarati. And there will also be lots of free educational giveaways.

Followed by an afternoon of:



Lots of wonderful prizes to be won!!!!!!!!!!!!!!

Don't miss this opportunity!

Refreshments will be served!

To RSVP for this event please contact: **Anup Ruparelia** @ 416 456-2687, **Sudha Ruparelia** @ 905 764- 6518, **Priy Karia** @ 905 497-3831