

*"Prevention is better than cure"  
Think prevention and live long*

## **“Living A Healthy Lifestyle”**

**A presentation by Health professionals from our community**

**Date: Saturday, February 6, 2010**

**Time 11 AM to 1:30 PM**

**Place: Bharatiya Temple of Lansing, 955 Haslett Road, Haslett, MI 48840**

(The meeting will be in the temple basement. Light refreshment will be served during the presentation.)

An opportunity to learn about how a healthy lifestyle helps prevent several everyday diseases we hear about. Fifteen minute presentations on each subject matter and an opportunity to ask questions at the end.

**Blood Pressure – Dr. Aajay Shah**

**Diabetes – Dr. Bajpai**

**Exercise (Physical Therapy) – Ajay Bhargava**

**Importance of good sleep – Dr. Gauresh Kashyap**

**Obesity and its association with other health problems – Dr. Sudha Yenumula**

We request everyone to join and take advantage of this wonderful informational presentation. **Remember this presentation is for all age groups and not limited to Senior Citizens.** Also, please feel free to share this with your friends and family outside the Temple community. We will have literature/handouts on several health topics.

We urge all physicians from the community to join us at this event. Depending upon the interest during this event, we will have more opportunities for presentations in the future about other health related subjects.