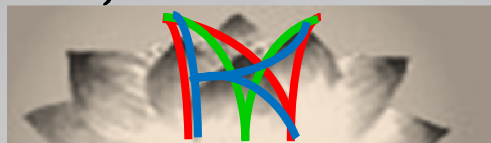


# Navjivan Vadil Kendra



## Health and Welfare Day

Date 10<sup>th</sup> December 2009

Time 10 – 16.00

Venue: Sangam Community Centre  
210 Burnt Oak Broadway, Edgware, Middx, HA8 OAP

### Programme

<b>Welcome</b>	<b>10.00-11.30</b>
<b>Introduction</b> –How our services can be beneficial to the community.	
<b>Lecture 1</b> - Protecting your future through lifestyle. Consultant cardiologist, Dr Ameet Bakhai.	<b>11.30 – 12.30</b>
<b>Lunch</b>	<b>12.30 -13.30</b>
<b>Lecture 2</b> - General & specific dietary needs in the Indian community. Mrs. Versha Talati	<b>13.30 -14.30</b>

### Information Stands

Primary Care Trust and General Practitioners	Mr Cinar, Dr Vora, Dr Khara,
Oral Health	Dr M. Mandalia
Chiropodist	Miss A. Shah
Well Woman	Dr U. Bilaney
Optimal Vision	Dr H. Mandalia
KIND- Hearing	Ms Debbie Barnaba
Alternative Therapy including Ayurveda and Homeopathy	Mr J. Sheth
Macmillan Cancer Support	Ms Deepa Masru
Diabetes UK	Ms. Juliet Enever
British Heart Foundation	Qaim Zaidi
Stroke Association	Mrs E. Sheridan
Closing Thanks and Acknowledgements	3.30pm