



*Protect Your Heart to take care of your Loved ones*



*Get practical tips  
on diet and  
nutrition that work  
wonders!!*

# Sewa International Bay Area

Presents

Halt Heart Attacks & Stop Diabetes

By

Anita Sathe

(Chair, Case Management , South Asian Center)



Date : October 29<sup>th</sup>, 2023

Venue : Zoom

Time : From 10.00 AM PT

Register [Here](#)



Together We Serve Better