

The Oldest Medical Science

Ayurveda



Friday,
June 29th, 2018

Focus will be on
peacefulness of mind,
depression, weight
control and memory

TEGSA WELCOMES

VAIDYA. N. VAIKUNTHARAJA - Ayurvedic Doctor



Topic: How to attain and maintain overall
wellness of mind and body using the
Ayurvedic approach.

AGENDA

6:00 p.m.	Doors Open
6:00 – 6:30 p.m.	Registration
6:30 – 7:00 p.m.	Snacks, Tea, Coffee & Cookies
7:00 – 8:00 p.m.	Presentation
8:00 – 8:30 p.m.	Questions / Answers

Please carry your own water bottle.



Ayurvedic medicine is one of
the world's oldest holistic
("whole-body") healing
systems. It was developed
more than 3,000 years ago in
India. It's based on the belief
that health and wellness
depend on a delicate balance
between mind, body, and
spirit.

COST: MEMBERS FREE

GUESTS: \$10.00 PER PERSON

For catering purposes, the cut-off date for cancellation is **Saturday, June 23, 2018**.
Guests are responsible for payment of \$10.00 if you cancel after Saturday, June
23rd, 2018 or do not show up on that day. If you do not wish to receive further
emails from TEGSA, please email fayeswift@hotmail.com

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