

# A wellness workshop!

The average life expectancy of an Indian has gone up by a minimum of 20 years in the last 5 decades!

However, India is the Cardiac capital, as well as the Diabetic capital of the world.

60-70% of Indians are patients of Hepatitis, yet most of them blissfully are unaware of it.

India is also the hot zone for eye disorders like Macular degeneration.

Many of us trying our best to protect ourselves from illness, most of us failing in that attempt and the evidence is in the hospitals over-crowded with people suffering from Life-style diseases.

The question is how can we lead a healthy life? Why are most people falling sick even though they are doing all the right things suggested by conventional wisdom?

Would you like to know?

## Who should attend?

Any person who wants answers to the above questions and wants to live a better quality of life!

People who are having some medical challenges and want to understand how these can be overcome / mitigated

People who have a family history of diseases such as cardio-vascular, hypertension, diabetes etc.

People who are healthy and would want to remain so and believe in “Prevention is better than cure”

To understand that modern medical practice is located in the sickness industry!

Mr. Dinesh Sarup – an internationally travelled and renowned person in the nutritional/ pharmaceutical industry, will be in town on the 27<sup>th</sup> July 2013 from 4.30 pm to 6.0 pm, to share his knowledge as to how a person can live a healthier and better quality of life!

