



Register at cancersupportcnj.org/registration
or call us at 908-658-5400

South Asian Community Day of Wellness

Provided at **NO CHARGE** for those with cancer, survivors, family members, and caregivers

Saturday, March 3rd
10:00am - 2:00pm
East Brunswick Public Library
2 Jean Walling Civic Center
East Brunswick, NJ 08816



Reduce stress with a relaxing guided meditation led by
Yoga Instructor, Parvathi Kumar



Learn about South Asian superfoods and how to eat healthy
without having to sacrifice your favorite foods with
Registered Dietitian/Nutritionist, Jalpa Sheth



Healthy Strategies Talk and Q&A session with Dr. Seeta Trivedi,
medical oncologist from Regional Cancer Care Associates, Central
Jersey Division and CSCCNJ Professional Advisory Board Member

In partnership with:

