

Asian Indian Women Association (AIWA)

www.aiwami.org

PRESENTS FREE EDUCATIONAL SEMINARS!

Seminar 1

The Changing You



Seminar related to
Mother and Daughter.

An education on Puberty,
Physical, Emotional changes
Of daughters.
Includes nutrition and personal
Safety.

Please bring your daughters to the seminar.

There will be problem-solving
Activity for the group to do
After the presentation.

Presenter: Lynn Klima

Time: 3:00PM - 4:30PM

Seminar 2

Diet & Nutrition



An education on nutrition for
Indian immigrants who are still
consuming a traditional Indian diet and
have also integrated American food
choices into their diet.

Introduction of the Indian Food Guide
Pyramid and demonstration of how Indian
Foods fit into this pyramid.

The talk will also guide you through a
Healthy Indian diet, and show you how to
Make lower fat choices while cooking,
Shopping, and dining in restaurants.

Presenter: Brinda Sachdev

Time: 4:30PM - 5:30PM

Day/Date: Sunday, April 22, 2007

Time: 2:30PM - 5:30PM

**Location: Farmington Library (DOWNTOWN)
23500 Liberty Street
Farmington, MI 48335
Phone: 248.553.0300**

LIMITED SEATS: Please call for more information or to RSVP:

Daksha Pandit: (734) 459-5089 (dakshapandit@aol.com) Bharti Bhavsar: (734) 459-1336
Niru Bajaria: (313) 277-5692 Jyoti Jadia: (734) 451-1477