

Schedule of Events

Time	Title	Speaker
10:00 a.m.	Welcome	Dr. Manju Sheth President of IMANE
	Moderator	Dr. Suresh Reddy
10:00-10:30 a.m.	Indian Diet: Friend or Foe?	Sangeeta Pradhan, RD, CDE
10:30-11:15 a.m.	Heart Disease: Prevention and Management: an Indian Perspective	Dr. Salil Midha
11:15-11:45 a.m.	Yoga Therapy for Your Health	Jay Gupta, RPh and RYT
11:45 a.m.-12:30 p.m.	Success Unprecedented: Unleash the Power of the Mind to Realize Your Full Potential	Dr. Sanjiv Chopra
12:30-1:15 p.m.	Osteoporosis: the Silent Disease	Dr. Onaly Kapasi
1:15-2:00 p.m.	Key Issues in Women's Health and Wellbeing	Dr. Pankaj Shah
2:00-2:45 p.m.	Diabetes in Indians: What We Need to Know to Protect Us and Our Children	Dr. Om Ganda
2:45-3:15 p.m.	Primary Prevention with Ayurveda	Dr. Pratibha Shah
3:15-4:00 p.m.	Anti-Aging Therapy: Rejuvenation for the Face: Something Old and Something New	Dr. Sonal Pandya
4:00 p.m.	Vote of Thanks	Dr. Manju Sheth

