



# SAHELI OFFERS FREE SEMINAR ON AGING & MEMORY

## Speakers

♣ Jasneet Aneja, BDS, MPH

Harvard Cooperative Program on Aging

♣ Ashish Arora, MD

## Aging and Memory

This talk will be of interest to all, especially older adults and caregivers.

The presentation will include:

- Challenging old Myths about Aging and Memory – what's normal aging and what's not
- Recent research on aging and memory, including what you can do to help maintain a healthy mind

Speakers will address your concerns and questions

**Burlington Public Library**  
Sears Street  
Burlington, MA 01803

**Saturday, September 12, 2009**  
**2:00 to 3:00 pm**  
**Saheli Health Seminar**

Convenient by T, Red Line to Alewife, Bus to Burlington Mall.  
Free Parking in library lot.  
Call xxx-xxx-xxxx for directions

Refreshments will be served

SAHELI, Friendship for South Asian Women, offers free health seminars to the community. We welcome all members of the community to attend this informative seminar with data from current research and clinical practice. Saheli does not discriminate on the basis of race, gender, age, or ethnicity.

For more information call 978-835-3697

Email: [sahelihelp@gmail.com](mailto:sahelihelp@gmail.com)

Write to P.O. Box 1345, Burlington MA 01803

Visit [www.saheliboston.org](http://www.saheliboston.org)

**Saheli is an affiliate of India Association of Greater Boston**