

## Saheli blog

Saheli volunteers showed up in force at the 3<sup>rd</sup> Annual INE Multimedia Health and Wellness Expo. Ten Sahelis spoke to visitors, explained Saheli's social work in the South Asian community, and signed up volunteers at the Saheli table. They had a lot of fun and got a chance to catch up with each other as well. See Saheli's website and saheliboston on Facebook for images.

The Health and Wellness Expo gets better and better each year. This year, introductions and speeches were kept very short by conference organizers, speakers were held to their time limits strictly, and Rekha Palriwalla did an excellent job keeping the audience quiet and respectful.

In Session 1 Dr. Manju Sheth, Chair, Health & Wellness Expo, welcomed guests briefly and introduced the panels. Moderators on each panel shared information about the speakers on heart disease, orthopedic disorders, anti-aging, asthma, lung cancer and smoking, neurology, among many more interesting and well researched presentations by experts. A very distinguished panel was assembled by the organizers of this Health Expo.

In Session 2, in an adjoining room, Anu Chitrapu, Director of Workshop, Health and Wellness, made a short welcome speech and introduced speakers on wellness including exercise and fitness, music and dance therapy, dental health, alternative medicine, mobility and physical therapy, nutrition and dietetics, emotional wellbeing and depression, coping with stress among youth and living will and patient advocacy, among many other topics. Mr. Upendra Mishra, Expo organizer and coordinator, could be seen busily rushing around, organizing vendors, tables, reception desk, and audio visual personnel, never once losing his smile and calm. His young daughter helped him with the organization of this wonderful service to the South Asian community very skillfully.

Free Health Screenings were very popular this year and included screening for diabetes and high blood pressure, vision, dental and oral cancer, depression, asthma and lung functions, back pain and nutrition. A very popular new addition was "ask the doctor" hosted by IMANE.

The number of community vendors, organizations that rented tables was very impressive, and visitors to the tables asked questions, and walked away with many free gifts and good health literacy materials. Not unexpectedly, there was delicious food, beverages, and desserts from a large number of well-known local restaurateurs. The crowds were large and lines long at the food tables where Expo guests socialized and put aside the dire warnings about heart disease and diabetes, cautionary words about South Asian morbidity, for still another day.

If you wish to volunteer for Saheli and donate some time to community outreach events please write to [info@saheliboston.org](mailto:info@saheliboston.org), some interesting events are coming up on May 17<sup>th</sup> and 23<sup>rd</sup> on the South Shore of Boston.