



# BHARATIYA CULTURAL CENTER

1612 County Line Road, Chalfont, PA 18914  
www.b-temple.org

## BCC Women's Group

*Invites you to a presentation on*

### ***“EATING HEALTHY”***

*by*

***Manda Desai, MS.Ed, RD***

*Begin your new year by learning how to make healthy changes to your dietary habits. Learn how good nutrition and eating healthy can change your lifestyle in 2009!*

**Date: Friday, January 23, 2009**

**Time: 7.30 pm – 9.00 pm**

**Place: BCC Hall**

Manda Desai, who is a Registered Dietitian, will talk about how to make nutritious vegetarian food a part of your daily dietary habits. She will discuss how digestion can affect diabetes, heart disease, women's health and also offer solutions to help parents with problem eaters.

Free Admission\*.

\*(open to all - **not** limited to Women's Group members)

For more information, please contact:  
Akanksha Kalra - 610-275-1110 or [akanksha@kalra.us](mailto:akanksha@kalra.us)