



Register at [cancersupportcnj.org/registration](http://cancersupportcnj.org/registration)  
or call us at 908-658-5400

# South Asian Community Day of Wellness

Provided at **NO CHARGE** for those with cancer, survivors, family members, and caregivers

**Saturday, March 3rd**

**10:00am - 2:00pm**

**East Brunswick Public Library**

2 Jean Walling Civic Center

East Brunswick, NJ 08816



Reduce stress with a relaxing guided meditation led by  
Yoga Instructor, Parvathi Kumar



Learn about South Asian superfoods and how to eat healthy  
without having to sacrifice your favorite foods with  
Registered Dietitian/Nutritionist, Jalpa Sheth



Healthy Strategies Talk and Q&A session with Dr. Seeta Trivedi,  
medical oncologist from Regional Cancer Care Associates, Central  
Jersey Division and CSCCNJ Professional Advisory Board Member

In partnership with:

