



**JVB Preksha Meditation Center,
India Culture Center & Sewa International**
present



STRESS MANAGEMENT



A workshop for youth & adults, on how to manage Stress in today's life style. The workshop will provide practical tips that are easy to put in daily practice.

Featuring Distinguished Speaker & Author:

Dr. Nik Nikam, MD, MHA

Sunday July 31st, 2011 – 2:30 PM – 5:00 PM

at

Preksha Dhyana 'Pyramid' Hall,

JVB Preksha Meditation Center

14102 Schiller Rd, Houston, TX 77082

Program Schedule

- Welcome
- Medical Aspects of Stress – Dr. Nikam
- Q & A
- Relieving Stress through Preksha Meditation – Samani Akshay Pragya
- Meditation & Relaxation Practice
- Wrap-up (Tea/Refreshments)

For more information please call:

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