



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



present

# WHAT IS METABOLIC SYNDROME?

HEART ATTACK, DIABETES, BLOOD PRESSURE, CHOLESTEROL  
& OBESITY

THE DEADLIEST SILENT KILLERS

with

**Dr. Virendra Mathur**

&

**Samani Parimal Pragya Ji.**



**Sunday March 17<sup>th</sup>, 2013 - 3:00 PM – 4:30 PM**

at

Preksha Dhyam 'Pyramid' Hall,

**JVB Preksha Meditation Center**

14102 Schiller Rd, Houston, TX 77082

## Program Schedule

- Welcome
- Presentation by Dr. Virendra Mathur
- Q & A
- Preksha Meditation & its benefits in control of diseases discussed – Samani Parimal Pragya Ji
- Wrap-up (Tea/Refreshments)

For more information please call:

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