



Shiva-Vishnu Temple

Om Namah Shivaya Om Namo Narayanaya

Hindu Community and Cultural Center

1232 Arrowhead Ave, Livermore, CA 94551

A Non-Profit Organization since 1977

Tax ID# 94-2427126; Inc# D0821589

Tel: 925-449-6255; Fax: 925-455-0404

Web: <http://www.livermoretemple.org>

**HCCC Human Services Presents**

**Health & Wellness With Ayurveda Seminar**

**By Dr. Rajesh Varma - Ayurveda Physician - BASM, DHMS, ND**

**ONE SEMINAR WILL CHANGE YOUR LIFE!**

**Are You Unhappy In Your Job, Relationship, Life In General?**

**Are You Wondering What Am I Doing With My Life?**

**Why Haven't I Seemed To Progress, Or Find The Peace I Long For?**

**Do You Know 85% Of Your Health Issues, Can Be Solved without Dr's Help?**

**Are You Ready To Begin Your Journey To True And Lasting Health And Happiness?**

**Attend Dr. Varma's Seminar To Begin Your Journey...**

**TOPICS:**

**Food: Eating Healthy & Fresh Food, Doesn't Mean Good Health.**

**Water: Thousands Have Lived Without Love Not One Without Water.**

**Sleep: 8 Hours Sleep Is The Best Cure In Doctor's Book.**

**Stress: Dear Stress, Let Us Break Up.**

**Laughter: A Good Laugh Recharges Your Battery.**

**WHEN: Saturday, July 22, 2017, from 2.00 pm to 3.00 pm**

**WHERE: Akella Assembly Hall, Shiva-Vishnu Temple,  
1232 Arrowhead Ave, Livermore, CA 94551**

**Come one Come All**

**For more information, please contact:**

**Mohan ji, Tel 925-819-0830; or Temple Office at 925-449-6255**