



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



Nutrition and Lifestyle for Seniors

Talk by Mala Seshagiri, MS, RD
(Retd. Director of Health Education, Kaiser Permanente)

Venue: Kedarnath Room
Date : Saturday, July 14th
Time : 11:00 AM to 1:00 PM

HCCC Seniors group meet 2nd, 4th Saturday of the month (11:00 AM to 1:00 PM)

Program is free. All are welcome.

Questions? For more information contact:
Temple Office – 925-449-6255 or
Umashankar Meda – EC Human Services Chair
ec_human_services@livermoretemple.org