



SAVE THE DATES – NOVEMBER 12 - 14, 2010
FIRST ANNUAL “GOPIO HEALTH SUMMIT”
NEW YORK

GOPIO Health is a global initiative of GOPIO International's Health Council.
GOPIO Health's mission is
“to improve the health and well being of People of Indian Origin.”

OUR OBJECTIVES ARE TO:

Improve the health of PIO's and NRI's around the world
Raise awareness of current and emerging health issues/challenges
Promote preventive/holistic practices
Share information, experiences and ideas
Learn how to better manage chronic diseases
Support research on health issues.

THE FOCUS WILL BE ON:

Cardiovascular Health/Metabolic Syndrome • Diabetes/Pre-Diabetes
Stress Management • Total Health • Health and Society • Meal Planning and Foods

Dynamic and distinguished speakers will cover change management, disease prevention,
disease management and lifestyle interventions

Active participation from the attendees in workshops and attendees will be invited
to share their ideas in the open session

There will be stress reduction workshops, healthy cooking demonstrations and much more.

FOR SPONSORSHIP AND INFORMATION PLEASE CONTACT:

Sangeeta Ahuja: Chair - GOPIO International Health Council (USA) sangeetaahuja@aol.com
Dr. M. C. Gupta: Co-Chair, GOPIO International Health Council (USA) drgupta43@yahoo.com
Dr. Vivian Rambihar: Co-Chair, GOPIO International Health Council (Canada) vrambhihar@rogers.com
Dr. Asha Samant: Co-Chair, GOPIO International Health Council(USA) samantas@umdnj.edu
Dr. Rajiv Sood: Co-Chair, GOPIO International Health Council(NZ) rsood@medicalcentre1.co.nz