



**Yee Hong Centre
For Geriatric Care**

頤康中心

**Yee Hong
Ho Lai Oi Wan Centre**

頤康何黎靄雲中心

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Yoga Master Joins South Asian Health Awareness Day

MARKHAM - Renowned spiritual and yoga master from India, H. H. Sri Swami Adhyatmanandji Maharaj, will demonstrate yoga at the South Asian Health Awareness Day this coming Saturday.

During his Diamond Jubilee year 2004, H. H. Sri Swami Adhyatmanandji Maharaj is on a Spiritual Tour in the West including Europe, USA, Canada and UK from September to December 2004. A dynamic yogi with a multifaceted, magnetic and versatile personality, Master Maharaj naturally radiates peace, love and divinity, and touches the heart of everyone in contact. People from all walks of life find solace in his holy presence. Optimizing the use of each moment of his life to reach the most people, Master Maharaj has helped spiritual seekers all over the world by conducting more than 600 Yoga, Pranayama and Meditation camps internationally.

Health Awareness Day for South Asian Canadians

Yee Hong Ho Lai Oi Wan Centre

2780 Bur Oak Avenue, Markham, Ontario L6B 1C9

Saturday, September 18, 2004

Educational Health Talks: 10:00 a.m.

Swamiji Yoga Demonstration: 3:30 p.m. - 4:00 p.m.

Free transportation provided

Free lunch and refreshments provided in regular and vegetarian menus

Telephone registration required

The fun-filled and informative day starts with educational health talks, continues with a variety of interactive health and wellness demonstrations including healthy cooking demonstration, health examinations, featuring the Swamiji yoga demonstration in the afternoon, and concludes with a tour of Yee Hong Ho Lai Oi Wan Centre in Markham. South Asian Health Awareness Day is jointly organized by Yee Hong Centre for Geriatric Care - Social Services Network and South Asian Medical Education and Development Corp., and is co-sponsored by Million Dollar Round Table Canadian Charitable Foundation, Medico Pharmacy and Hunts Convalescent Equipment.

Established in October 1994, Yee Hong Centre for Geriatric Care is a charitable organization that provides a comprehensive range of culturally appropriate services to seniors. Yee Hong Community Wellness Foundation raises all necessary funds to support the facilities, services and programs of the four centres in Scarborough, Markham and Mississauga.

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Registration and information:
Yee Hong Centre
Social Services Network
(905) 471-3232

