AYURVEDA
(A science of Life)
–THE PATHWAY TO WELLBEING





Health Talk



When: Tuesday 17 November 2026
10:30am - 11:30am

Where: Papatoetoe War Memorial Library, 30 Wallace Road, Papatoetoe

Please join us to learn about an ancient Indian traditional and holistic system of medicine for prevention and management of common health conditions

You Will Learn:

Gain valuable insights into digestive health, stress management, and holistic wellbeing through the principles and practices of traditional Indian medicine & Ayurvedic herbal medicine.

Guest Speaker:

Dr. Ajit Singh
Ayurvedic Specialist(BAMS)
CEO, International Council of Ayurvedic Medicine Inc.
Advisory Board Member of Association fo Ayurvedic Professionals of Norht America(AAPNZ)

For more information, please contact：09)8152338, lily.xu@asiannetwork.org.nz or 09)3010101, www.facebook.com/PapatoetoeLibrary/

AYURDA 30 years

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