



THE HEALTH AWARENESS CENTRE

• The Worli Bhaveshwar Co-op. Socy. Ltd. 14B-B, Dr. Annie Besant Road, Next to ICICI Bank, Worli, MUMBAI - 400 018. Tel.: 2498 0005 / 06 • Email: thacwellness@gmail.com

THE 3 DAY WORKSHOP- AN AWAKENING

Health is as natural to the body as it is for a fish to swim in water! Birds, animals, plants and fish in Nature live, grow and pass away whole and intact. What is it that we as humans are doing that alters this basic law of Nature? Are we living according to the design of our body? Or modern information?

Is it necessary to drink 12 glasses of water a day?

Do nuts contain cholesterol?

Is banana fattening?

Is it how much you sleep or when you sleep?

Does exercise give you energy or do you need energy to exercise?

We are not quite sure of the answers, and all the info we see, seek and hear only confuses! What we are experiencing instead is actually a break-down of our body and its optimum. Osteoarthritis, diabetes, hormonal imbalance, obesity, acidity, heart ailments and cancer are strong indicators. Along with this breakdown, there is constant "fear" about the body and its maintenance.

The tools we currently use to build and maintain our health has taken us towards Illness rather than Wellness. We are coping rather than progressing!

Health is a state of optimal physical, mental, emotional and spiritual BALANCE. THIS is possible to achieve, if we are equipped with a basic understanding of our body and how it functions.

Our body is the only one we will ever have can give us all the Well Being we desire, if we learn to take CARE of it - For health lies on our hands!

The Health Awareness Centre - THAC, Mumbai has designed a 3 day workshop to clear myths on Food, Body and Disease and understanding the Structure and Function of the body.

THE SALIENT FEATURES OF THE WORKSHOP ARE:

- **KNOW WHAT THE BODY REQUIRES FOR OPTIMAL HEALTH (WHICH IS VERY DIFFERENT FROM ABSENCE OF DISEASE).**
- **LEARN HOW TO TAKE CARE OF OURSELF THROUGH PERIODS OF STRESS AND SICKNESS**
- **TAKING HOME AN ACTION PLAN THROUGH PRACTICAL TIPS.**

- HIGHLIGHTS: KITCHEN MANAGEMENT, VIDEOS ON FOOD AND HEALTH WITH DISCUSSION, PRACTICAL DEMOS DAILY AND MUCH, MUCH MORE

TIMINGS - 10:00 am to 5:00 pm

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