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Ayurvedic Medicine:

Ancient Wisdom for Your Health Today

The fundamentals of this traditional Indian therapeutic approach will be presented by Prema Rao, Ph.D.

Learn how this “science of life” philosophy can improve your mind, body, and spirit.

TUESDAY, JUNE 9

7:00 - 8:30 pm

MILPITAS LIBRARY

160 North Main Street

Milpitas 95035

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www.planetreesanjose.org