



H L College Alumni Association

Presents

A TALK ON

FITNESS AND HAPPINESS: TOWARDS A HEALTHY HEART

- ▶ Ways to live healthier and longer ◀
- ▶ Understanding why youngsters are becoming victims of heart attack ◀

By Dr. Anish Chandarana



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HL College Auditorium, Navrangpura

Saturday, 30th April, 2022

4:00 PM, Followed by High Tea

- No registration • All are cordially welcome

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