



Asian Community Alliance, Inc.
asiancommunityalliance.org

Presents

Season's Greetings and Groanings



Attention Ladies! Learn techniques to take care of yourself this season so you can be your best these upcoming holidays. Join the Asian Community Alliance for a presentation by Anisha Singh, MD on **October 14th at 2:00pm** at the Cincinnati Library of Hyde Park, **2747 Erie Ave. Cincinnati, Ohio 45208**. Topics include;

1. Navigating the flu and cold season for you and your family.
2. Eating well through the holidays -food as medicine.
3. De-stress- three techniques to limit stress this season.

After the presentation, there will be time for questions. Rooted Juicery will be there to share information on their organic cold pressed juices. There will also be a table to sample wellness teas and healthy snacks. For more information contact: info@asiancommunityalliance.org or [click here to register online](#).

Anisha Singh, MD is a Primary Care Physician with a specialty in Women's Health. In addition, Dr. Singh is a Certified Holistic Nutritional Counselor with further training in spiritual Psychology. She has a vast experience with geriatric population in her work in Nursing Homes and assisted living facilities. She also has a successful holistic weight loss (private) practice to her credit. Medicine is not the only area of interest of Dr. Singh. She is an activist at her core. Through her various community service projects including some with Asian Community Alliance, she has strived to serve the larger world around her. Anisha is also a trained actor and a trained dance therapist and has used the medium of Theater and dance to bring the issue of woman disempowerment through unconscious cultural beliefs to the forefront. Her one woman show- *Sound off Silence* was staged at Miami University recently.