

Health Talk: Free Web and Phone Conferences for all Lajna members.

National Lajna Sihat-e-Jismani Department has coordinated with lajna AMMA members a series of health talks for all lajna members. Please make your best effort to attend and encourage every one else you know. You can either listen to the presentation by telephone, or go to your computer and view the presentation from the Sihate Jismani web page under 'What's New' section on the scheduled date of the conference.

Local Sadrs: Please share the information about Web Seminars and Phone Conferences login with the membership in a timely manner.

TOPICS	PRESENTER	DATES	TIME
Acne	Dr. Sofia Chaudhry	March 8 th	9:00 PM ET
Breast Cancer	Dr. Nadia Malik	April 4 th	9.00 PM ET
Menopause and Premenstrual syndrome (PMS)	Dr. Basma Khan	May 9 th	9.00 PM ET
Asthma /Allergies	Dr. Amtul Ahmad	June 6 th	9.00 PM ET
Arthritis	Dr. Maryam	Sept 7 th	9:00 PM ET
Sleep Issues In Women	Dr. Khaula Shah	Oct 11 th	9:00 PM ET
Geriatric Issue In Women	Dr. Ayesha Ahmad	Nov 15 th	9:00 PM ET
Obesity, Diet And Nutrition	Dr. Nazia Khan	Dec 5 th	9:00 PM ET
Life And Stress	Dr. Shazia Ali	Jan 9 th	9:00 PM ET
Heart Disease In Women	DR. Saliha	Feb 6 th	9:00 PM ET