

FROM: The Cathedral of St. John the Divine

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CALENDAR LISTING

**THE NEW YORK OPEN CENTER AT THE CATHEDRAL OF ST. JOHN THE DIVINE
PRESENTS A SPECIAL EVENING WITH DEEPAK CHOPRA**

*World-Renowned Holistic Health Expert to Speak About Food and Wellness
and Sign Copies of New Book*

The New York Open Center returns to the Cathedral of St. John the Divine with an evening talk by noted author and holistic health expert **Deepak Chopra** on **Monday, November 11, from 7:00 PM – 9:00 PM, followed by a book signing from 9:00 PM – 10:00 PM, at the Cathedral of St. John the Divine, located at 1047 Amsterdam Avenue (at 112th Street), Manhattan.**

Deepak Chopra, M.D., best-selling author and one of the leading figures in holistic health and contemporary spirituality, will present an exciting new approach to weight loss drawing from his new book, *What Are You Hungry For?* Introduced by the Dean of the Cathedral, **The Very Reverend Dr. James A. Kowalski**, Chopra will speak about physical, mental, and spiritual hungers we face and provide practical insights on how food affects our brains, how overeating is really a form of starvation, and why conscious eating can help us live better, longer and happier lives. Immediately following the lecture, Chopra will sign copies of his new book.

Tickets to the event are available for \$40 and include a copy of *What Are You Hungry For?*

DATE: Monday, November 11

TIME: Conversation from 7:00 PM – 9:00 PM
Book Signing from 9:00 PM – 10:00 PM

PLACE: The Cathedral of St. John the Divine
1047 Amsterdam Avenue (at 112th Street)
Manhattan

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