

'AGING HEALTHFULLY' IN NEW YORK
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The Golden Stage Group of New York held its second meeting of the year at the New York Culture Center on Sept. 10. The theme of the meeting was "Aging Healthfully."

More than 200 members and guests attended the meeting, whose format was a symposium shared by three medical professionals who are SGI-USA members. Joan Stroud, M.D., spoke on seeking proper medical care. Sylvia Elbaz discussed the value of proper nutrition. Lastly, Bill Thompson emphasized the necessity of physical exercise.

Sylvia Smith spoke of her experience of being unaware that she had suffered a mild heart attack until she went for a routine physical. She then quoted SGI President Ikeda: "The moment we resolve to become healthy and strong, to work cheerfully for kosen-rufu, our lives begin to move in that direction." She then related she had improved her health by changing her diet and exercising.

Tariq Hassan, SGI-USA men's leader, stressed the importance of living long lives to prove the power of the Gohonzon. He also mentioned that he is always most encouraged by the Golden Stage Group because these are the members who built the foundation of kosen-rufu in the United States and the world.