



**FLOW**

*Dil Gala*

SATURDAY OCTOBER 15, 2016



Ferrari Maserati of Alberta

# WELCOME FROM **DILWALK** **FOUNDATION**

The DIL Walk Foundation (DWF) is a volunteer run charity, and an acronym for Do It for Life (DIL). DWF focuses on Wellness, Access, Linkages and Knowledge. Since its inception, DIL Walk Foundation has touched the lives of over 10 000 people through educational activities, and has saved the health care system over \$5 million (this number is a rough estimate, based on the number of DIL Walk participants seen by specialists, GP's, Dentists, and Allied Health professionals, not billed to AHS, over the past 5 years).

DWF is committed to increasing the awareness of heart disease across the life continuum. With a focus starting on children, where prevention begins, to youth and into adulthood, the Foundation focuses on primary care prevention strategies to help individuals, lower their risk of heart disease.

Heart Disease is universal and affects everyone. DWF wants to help target people before they have a heart attack by providing access to resources (medical, community, print resources, testing and self-management) and teaching them about their risks for heart disease. To help achieve these goals, the DIL Walk Foundation has collaborated with the University of Calgary to focus its efforts on heart research, by establishing a Heart Research Chair. The Foundation also holds a number of events throughout the year, including the annual DIL Walk. At this free event, participants get a heart health screening, an opportunity to learn how to reduce their risk by meeting with a variety of health professionals, and take home valuable resources. This year, over 500 members of community were trained in CPR, at the annual DIL Walk. In addition, DWF supports health initiatives in youth, and works in partnership with organizations such as the Heart and Stroke Foundation to educate the public. In March 2015, the Foundation, in partnership with the Mosaic PCN, launched the DIL Walk Magazine - the only dual language health magazine in Canada.

The success of DIL Walk can be attributed to community partners and the individuals that volunteer their time and resources to help make it a reality. We would like to take this opportunity to say THANK YOU.

Thank you to each and everyone of you for helping to save lives, build capacity and helping to educate the community.

From our Heart to Yours...



**Raman Kapoor BSc RD**  
President, DIL Walk Foundation



**DIL Walk**  
*from our heart to yours*



ALBERTA  
HUMAN SERVICES

*Office of the Minister*

It is my honour, on behalf of Premier Rachel Notley, and my colleagues in the Government of Alberta, to congratulate the DIL Walk Foundation on their FLOW gala fundraiser.

As a government, we are committed to supporting the health and wellbeing of Albertans. We applaud the work DIL Walk is doing to spread awareness about heart diseases and to promote healthy lifestyles for Albertans, particularly for those in the South Asian community. Awareness and prevention, supported by research and evidence, are vital to these goals. The work DIL Walk is doing will make a positive impact in the lives of many people in across the province.

Best wishes for a successful fundraiser, and with your ongoing work.

A handwritten signature in blue ink, appearing to read 'Irfan Sabir', written in a cursive style.

Irfan Sabir  
Minister of Human Services  
MLA for Calgary-McCall

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LEGISLATIVE ASSEMBLY  
ALBERTA

**Leela Sharon Aheer, MLA**  
Chestemere-Rockyview

Greetings to all of the generous donors and sponsors:

Imagine that you have recently moved to this beautiful country, and that you are just learning the ropes, the language and your way around our fast paced world. You have packed up your life and your family and left your friends and other family members behind. You had mango trees, roses and hibiscus growing in your garden but you decided that moving to Canada was your chance for a different opportunity. You know that the sacrifice that you have made leaving your home is worth it but along with that you lose your community, and by doing so you lose insight into many things especially your health. Dr. Anmol Kapoor and Raman Kapoor are two incredible individuals that recognized just how important the aspect of family advocacy and community support is within the South Asian families that are here and those that will be immigrating in the future. Seven words define their foundation: Do It for Life, Wellness, Access, Linkages, and Knowledge spells DIL WALK. Due to a combination of genetics and cultural factors, the South Asian community is at much higher risk of chronic heart disease than the general population. The DIL WALK foundation recognizes the community's greatest strength: the strong family relationships within it. By using education, clinical outreach, and research the DIL WALK foundation builds on that strength. These two big hearted individuals are testing a family-oriented culturally tailored lifestyle and medication program to assist South Asians to not just manage chronic heart disease, but to prevent it in the first place. Prevention is the key to a more fulfilling, longer, and more productive life and also takes a huge burden off our health care system. Dr. Kapoor and Raman Kapoor believe that peer education is the key to reaching a large audience in any community. The DIL WALK Foundation is having a tremendous impact by raising awareness. In fact 10,000 plus people in the South Asian community have been touched by the work of this incredible couple.

On April 14, the blessed day of Vaisakhi 2016, the DIL WALK Foundation donated \$100,000 to the Guru Nanak Dev Ji DIL Research Chair at the University of Calgary. The DIL WALK Foundation has to date donated a total of \$200,000. The research will help define the best way to educate people, manage heart disease, and show people how to prevent it.

I am so honoured and proud to know both Dr. Anmol Kapoor and Raman Kapoor. I have the privilege of meeting many people as a public servant and one of the blessings of my position is meeting incredible people who go "above and beyond" their positions in advocacy and outreach. The work they do every day to care for families and communities is inspirational. The free seminars and workshops are a testament to their kindness and generosity. The DIL WALK Foundation fosters that sense of community where there are fewer barriers to healthy living such as language and cultural appropriateness. This allows for important conversations to start, and for advocacy to begin. We are so fortunate to have both Dr. Anmol Kapoor, and Raman Kapoor at the head of this parade, leading the charge towards healthier hearts and caring communities. Your presence at this year's Gala shows that you share their vision and I applaud you.

Sincerely:

Leela Sharon Aheer, MLA



## Prab Gill

Member of the Legislative Assembly  
Calgary-Greenway



LEGISLATIVE  
ASSEMBLY OF  
ALBERTA  
CANADA

September 30, 2016

As the proud MLA of the Calgary-Greenway constituency, I would like to congratulate the DilWalk Foundation on their incredible work. I have witnessed this foundation having an important impact on the South Asian Community through their awareness and advocacy initiatives. Their efforts in the community have been very important in community capacity building, community gathering and general support for those struggling with their health. At times we tend to overlook our health for the sake of other priorities in our lives. With incredible initiatives such as providing CPR training for over 500 people, DilWalk has been able to create an awareness around a healthy lifestyle. My family and I have had the honour and privilege of volunteering with this foundation many times and have seen the direct impact they have on our community.

This foundation has challenged norms and pushed forward education and awareness for a healthier society. I am incredibly proud of the work of this organization and cannot wait to see how they grow.

Lastly I'd like to thank all of the volunteers involved in the DilWalk Foundation, without whom these initiatives would not be possible.

I urge everyone to participate in these initiatives and take steps to learn about the health of their hearts.

Sincerely,

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LEGISLATIVE ASSEMBLY  
ALBERTA

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**Jamie Kleinsteuber, MLA**  
CALGARY - Northern Hills

On behalf of Premier Rachel Notley, and my colleagues in the Government of Alberta, I would like to bring greetings and congratulate the DIL Walk Foundation on their FLOW Gala Fundraiser.

Our government is committed to supporting preventative health initiatives, and promoting healthier lifestyles. I would like to recognize and applaud DIL Walk's community outreach using a 'Do it for Life' approach.

On many occasions, I have seen DIL Walk's devotion to supporting the health and well-being of Calgary-Northern Hills constituents, and specifically the South Asian community.

Recently, I was personally able to attend the Health Fair and CPR demonstration event on September 17<sup>th</sup> at the Genesis Centre. I witnessed as more than 500 people participated in an event that brought CPR awareness to the community. As many as 120 volunteers provided live demonstrations and training to help people understand how to perform CPR in case of an emergency.

I look forward to seeing DIL Walk's continued success. Best wishes for a successful fundraiser, and future health promotion.

Sincerely,



JAMIE KLEINSTEUBER  
Jamie Kleinsteuber, MLA  
Calgary-Northern Hills



## GURU NANAK DEV JI DIL RESEARCH CHAIR

We continue to analyze data from a 5-year study (White, South Asian, Chinese) who have had heart pain (angina) or heart attack. We want to determine what, if any, differences exist between ethnic groups or men and women, in the symptoms they experience, or how they receive pre-hospital and hospital care. Nearly 2500 people were enrolled in this study from 12 hospitals in Canada as well as a hospital in India (Kolkata) and China (Changchun). We have used some interesting technology to create 'heat maps' to show where symptoms are located-which will be very helpful when offering health messages to the community. We believe the findings will be the most comprehensive to date. The first manuscript will be sent out to a medical journal very shortly!

To prepare for the many potential public health messages that will emanate from this important work, we are conducting an extensive review of the medical literature and conducting focus groups with people from the South Asian and Chinese communities to understand how best to offer health (and heart health, in particular) information.

We have just started a study to examine how time orientation may differ between ethnic groups. This information will also inform how public health messages are tailored to the South Asian ethnic group. We are planning a major participant recruitment event this fall at the Dashmesh Culture Centre! Stay tuned for more information!

We are conducting a series of small studies to inform development and testing of a family-focused program to help South Asian people reduce their heart disease risk. We will soon begin investigating how particular counseling styles may help or hinder people in the South Asian community to address their heart disease risk.

We continue to publish study findings in medical and nursing journals, and work toward taking study results to the community. I am looking forward to meeting people at the 2016 DIL Walk Gala!

*Thank You so much for  
your ongoing support*

# HEART FAILURE TSUNAMI

## WHEN THE GOVERNMENT FAILS, DOCTORS INNOVATE

As the number of elderly increase in Canada, so will the rate of chronic diseases. Alberta Health Services considers the highest priority chronic diseases in Alberta to be (in alphabetical order):

- Arthritis
- Asthma
- COPD (Chronic Obstructive Pulmonary Disease)
- CAD (Coronary Artery Disease)
- Depression
- Diabetes
- **Heart Failure**
- Hypertension
- Obesity

In Canada, heart disease is the second leading cause of death, only second behind cancer. Heart Failure (HF) is a complex chronic condition, where the heart is unable to pump enough blood to meet the demands of the body. This results in poor exercise tolerance, difficulty breathing, reductions in the quality of life and survival. HF has become a major public health concern, and more Canadians are now living with HF. As a result of these increasing number of HF cases, the economic impact of this disease on the health care system is staggering.

Approximately 500,000 Canadians are living with heart failure and 50,000 new patients are diagnosed each year.

The **CHARM** (Community Heart Failure Assessment, Rehabilitation and Management) clinic at Advanced Cardiology Consultants and Diagnostics (ACCD) is Alberta's **ONLY** community based, outpatient clinic which is run on charitable basis with the support and donations from DIL Walk Foundation and ACCD. The clinic is physician directed, but patient care is managed by Nurses. The Heart Failure team consists of a Heart Failure and Heart Transplant Specialist, Cardiologist, Internal Medicine, Heart Function Nurse, Respiratory Therapist, Echocardiogram and Stress Test Technicians.

The clinic is located in Northeast Calgary, which

**Dr. ANMOL S. KAPOOR**  
MD, FRCPC Cardiologist,  
Advanced Cardiology Consultants  
and Diagnostics





has a high number of visible minorities, with many having English as their second language. The clinic is located close to a CTRAIN/bus route, and provides free parking. The clinic is also close to Calgary Lab Services, The clinic also provides services to the surrounding township of Chestermere, Strathmore, and Airdrie. The total number of family physicians that the clinic serves is over 200, with a service area of over 400 000.

At present, when a family physician suspects HF, they refer the patient to a Heart Failure specialist. However, the appointment with the Specialist can often take unto 6 months. In this time, the patient's condition can worsen, and the patient may end up in hospital. And in another scenario, there are many heart failure patients who are living in the community in Alberta. Approx. 85% of those heart failure patients in the community cannot get access to hospital based heart failure clinics due to lack of resources and manpower. The hospital based heart failure clinics in Alberta often look after the sickest patients (that does includes pre/post transplant patients, patients with artificial hearts (LVADs etc.) waiting for transplant or hoping for recovery) and cannot provide close monitoring for majority of heart failure patients in the community. The patients have to rely on care provided by their family physicians, and most of them are not trained or equipped to manage congestive heart failure patients in their clinic. Patients and family physicians do reach out to various specialists for help who are already busy with clinical demands and have a busy schedule. As patients wait for an appointment with the specialists, their condition gets worse. They end up going to emergency rooms for help and often get admitted to hospitals. Heart failure patients repeated hospitalizations does cause significant financial burden on the healthcare system and also increase morbidity and mortality risk of patients.

The **CHARM** Clinic's goal is to help keep the patient in the community and out of the hospital. The family physician can refer directly to the **CHARM** clinic when HF is suspected. The patient will be seen by the Cardiologist. Once diagnosis is confirmed, the patient is then given a second appointment with a HF nurse to provide

assistance with self-management, patient education and help with medications. The patient also gets followed by the HF specialist to optimize medications and avoid hospitalizations. Patients who do not have a HF diagnosis or if their heart function improves will receive continued care in the general cardiology clinic. During this process, patients can also be referred to other specialties within the clinic to address their other co-morbidities and/or risk factors.

At **CHARM** clinic, patients are taught self-care by providing them with a 1:1 session with a nurse, who teaches them about daily weights, fluid /sodium restrictions, warning signs that HF is getting worse. In addition, patients are provided with patient handouts. Also, patients are given a clear and concise action plan or goals which they should focus on until their next visit. These goals are mutually agreed upon between the nurse and patient. Again, adopting the notion that care should be patient focused, which helps to improve patient outcomes.

At present, **CHARM** clinic is working at bare minimum on a charitable basis without any funding. Proceeds raised from donations and DIL Walk fundraising events, help to support the **CHARM** clinic. If you are interested to make a donation, please visit [www.dilwalk.ca](http://www.dilwalk.ca). All donations will receive a income tax receipt.

We hope that one day, the Government of Alberta/Alberta Health would be able to provide funding for nurse salaries and other clinic expenses in the community. It should be noted that the Specialists in Alberta DO NOT have access to Nurses, Dietitians, Physiotherapists, Exercise specialists etc. in their clinics as compared to primary care physicians. All family physicians in Alberta can access various resources through various primary care networks but not heart specialists. This discrepancy of care in the community needs to be urgently addressed if the Government of Alberta desires. This would not only help save healthcare dollars but would also help improve quality of life and help reduce hospitalizations due to heart failure. Please do talk to your MLAs and MPs and help us give a helping hand to heart failure patients.



**Become a Hero!**

# CPR SAVE LIVES



On Saturday, September 17, 2016, **DIL Walk Foundation** organized Western Canada's largest mass **CPR Training** at the Genesis Centre in Calgary. On this day, over 500 people were trained in hands only CPR. Each participant received an Any Time Kit, which included an inflatable dummy and a DVD. The participants were trained on this kit at the event, and then were invited to take these kits home to train those around them-family, friends, neighbors and colleagues. This event could not have been possible without the generous support of community members, community organizations and the numerous volunteers that gave their time to make this day such a success!



Learn to save lives. **#DilWalk**

# Thank You

for participating in **DIL Walk Foundation's 3rd Annual Gala - Flow.**  
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# Thank You

“As one person I cannot change the world, but I can change the world of one person.”

-Paul Shane Spear



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# THANK YOU

*“I feel the capacity to care is the thing which gives life its deepest significance”*

-Pablo Casals

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# THANK YOU

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**Ferrari Maserati of Alberta**



TD

# committee members

**CHRISTINE-LEE WILSON,**  
Investors Group Insurance Services

This is my third year being a part of DILWalk's amazing foundation and event. Every time, I am blown away by the Kapoor's ability to raise awareness, gather people for a great cause and entertain. We live in an era where posting a picture of eating clean, backpacking, or going on an adventure is actually cool. We live in a city with an overflow of amenities (hiking, skiing, walking trails, snowboarding, snowshoeing, cycling). We are so lucky to have these healers at our fingertips here in Calgary! I truly believe that having a healthy heart isn't about being fit, but that it allows you to be the best version of yourself. Full of confidence, movement, family activity and most of all tons of fun!! "I love this foundation because it promotes saying yes to the best life you can lead".

**HARMEET GILL,**  
Registered Dental Assistant

I am CPR certified. I have been volunteering with DILWalk Foundation Charity for the past three years. Being part of the DILWalk Foundation Charity has allowed me to educate our communities how important it is to keep our oral health condition maintained. Maintaining our oral health plays a major role on our health overall and is very connected to our health conditions.

**JILL TRUSCOTT,**  
Wolf Custom Homes

"There isn't a member of the team at Wolf Custom Homes who hasn't been touched by heart disease. We know first-hand the value of working to prevent and treat heart disease within the community. DilGala is fun and exciting way for us to do our part. I'm so excited for the gala, and it's been wonderful working with all the members of our great committee!"

**MELANIE MACDONALD,**  
Teacher

I am a teacher and I met Raman and Dr Anmol Kapoor when I had the pleasure of teaching

their son. As a parent of three with twins on the way, heart health is a very important part of my life. I lost my grandmother to heart disease way before her time so it has affected me personally. This past year I was part of a group of moms who partnered with the DILWalk Foundation and Mosaic Primary Care Network to raise money for new refugees coming into Canada who need medical attention. It was a wonderful experience and I'm so happy and fortunate to be part of this amazing group to bring FLOW GALA to life and raise money and awareness for such an amazing cause.

**MRIDUL BURGI**  
Committee Member

I have been involved with the DILWalk Foundation gala planning committee for the last 2 years. It has been a fun and rewarding experience. I wish the foundation great success in the future.

**RIPPY SAINI,**  
Advanced Respiratory Care

I started working for ARC 2 years ago and heard about the foundation that Dr. Kapoor and his wife Raman Kapoor started. I thought this would be a great way of giving back to the community. DILWalk has touched 1000's of individuals and I feel proud to have been a part of making a difference, no matter how small.

**RYAN TROTT,**  
Rolls-Royce Brand Manager

It's been a fun and wonderful experience being a part of this committee. Heart disease is universal and I'm proud to be part of an event that places such a strong emphasis on the importance of prevention and education.

**SHAUNDELLE DEVENNY**  
Committee Member

I wanted to be a part of DILWalk to help plan an amazing gala help raise awareness for heart health. Heart disease runs in my family so being a part of an amazing cause to raise awareness means a lot to me!



**DIL Walk**  
*from our heart to yours*

**DONATED \$21,414**

to **MOSAIC PRIMARY CARE NETWORK** for

**REFUGEE CLINIC**

On Sept. 21, 2016, DIL Walk Foundation, presented a Cheque in the amount of \$21,414.00 to the city's Mosaic PCN Refugee Clinic. DIL Walk partnered up with the clinic in March 2016, with the charity gala "Le Cirque Magique", organized by a local group of mothers raising funds for underprivileged refugees in Calgary. The gala event raised over \$20,000, which will be used to help meet basic needs such as medication, clothing, education, and housing. "Anyone can become a refugee when the times get tough," says Award-Winning Cardiologist and DIL Walk Co-Founder, Dr. Anmol Kapoor. "As the son of a refugee, I understand the struggle facing many of the recent newcomers to the country. As a doctor in Calgary's northeast, many of the patients I see are refugees who are unable to pay for medical expenses. Our goal is that these families will have access to the same resources as any other Canadian so they can be healthy, contributing members of the community. All proceeds from the event will be used to provide medical assistance to the city's most needy.



# menu

*Dil Gala*

## Chef Stations

### Mashed Potato

Green Onion, Cream Cheese, Flavored Butter, Sweet Peppers, Smoked Salmon, Tamarind Sauce, Fresh Cilantro, Chick Peas, Curried Chicken, Served in a Martini Glass



### Pasta Station

Penne, Fusilli or Gnocchi with your Choice of Sauce Arrabbiata or Creamy Pesto Topped with Shrimp or Chicken, Parmesan, Sauteed Vegetables and Basil, Kitchen to include 10 Portions of Gluten Free Pizza

## Stationary Appetizers

### Plateau De Fromage

White Stilton, Camembert, Gorgonzola, Black Truffle, Grana Padano, Swiss Gruyere, In-house Black Cherry Compote, Candied Nuts, Crisp Crackers

### Mediterranean Antipasti Platter

Herb and Olive Oil Marinated Feta, In-House Creamy Hummus, Roasted Peppers, Scented Artichokes, Olive Tapenade, Grilled Pita Bread

## Served Appetizers

### Individual Mini Pizza

Asian Spiced Duck, Paneer-Butter Chicken Sauce-Grilled Peppers & Onion or Margahrita

### Baked Vegetarian Samosa

with Cooling Mango Chutney

### Curried Lentils

on Happy Spoon with Pita Chip

### Poached Halibut

Wakame Salad & Ponzu Dressing

### Indian Lamb Lollipop

with Mint Chutney

### Honey Glazed Chicken Meatballs

Buffalo Ranch Dipping Sauce

### Vietnamese Salad Roll

Julienne of Vegetables, Thai Basil, Mint, Chili Lime Dip

### Mini Tiramisu

### Nutella Chocolate Mousse Cups



Prosecco Welcome was sponsored by  
**STAR LIQUOR LTD.**



**DIL Walk**  
*from our heart to yours*

All money raised goes to the **DIL WALK FOUNDATION**

The Dil Walk Foundation (DWF) is a Registered Charity Dedicated to increasing the awareness of heart disease