Dear Ansar Brothers,
As-Salamu ‘Alaikum Wa Rahmatullah

Insha’allah, the historic 50th Jalsa Salana UK will start on this Friday, August 12.

For your convenience, the US Eastern Standard Times of the speeches of Hazrat Khalifatul V (may Allah be his helper) and International Bai’at are listed below. Kindly adjust for other US time zones as needed. Please see the Jalsa program for full program detail.

Friday 11:30 AM EST Inaugural address Hazrat Khalifatul Masih
Saturday 07:00 AM EST Address to Ladies Hazrat Khalifatul Masih
Saturday 11:00 AM EST 2nd Day Address Hazrat Khalifatul Masih
Sunday 08:00 AM EST International Bai’at
Sunday 11:00 AM EST Concluding Address Hazrat Khalifatul Masih

Faheem Younus Qureshi
Serving Majlis Ansarullah, USA
Register for National Ijtima

The names of first 313 registrants (who also attend the Ijtima) will be sent to Hazrat Khalifatul Masih seeking Huzoor’s special prayers.

September 23, 24 and 25, 2016
Baitur Rahman Mosque, Silver Spring, MD

How Exercise Improves Your Quality of Life

Syed Tanvir Ahmad, Qa’id Health

Exercise not only helps you live longer—it helps you live better.

Wards off depression

There is a strong link between regular aerobic exercise and improved mood and stress relief and improvement in symptoms of depression.

Better Physical Well Being

Harvard Health Professionals found that men who exercised 30 minutes a day were 41% less likely than sedentary men to experience erectile dysfunction.

Sharpens wits

Aerobic activity in particular boosts blood flow to the brain, promotes good lung function, which in turn improves memory and cognition.
Improves sleep

Exercise is the only known way for healthy adults to boost the amount of deep sleep which is essential for your body to renew and repair itself.

Protects mobility and vitality

Regular exercise at midlife helps preserve mobility and independence as we age.

Send us your stories of brotherhood, Ijtima memories, or any other inspiring experience that we can share with Ansar brothers via this e-newsletter.

Department of Publications
Majlis Ansarullah, USA