

ENRICHING YOUR HEALTH FOR A HEARTY FUTURE!

SEMINAR

17 September 2016, Saturday
1.00PM - 5.00PM

Lifelong Learning Institute, Lecture Theatre
11 Eunos Rd 8, Singapore 408601

PROGRAMME

1:00- 1:30PM: **REGISTRATION**

1:30- 2:10PM **Listen to Your Heart: Safeguarding A Healthy Future**



Many myths surround common heart concerns, especially in regards to high blood pressure and cholesterol, and their available treatments. Come hear some of these myths debunked and demystified. Learn how to manage blood pressure and cholesterol while keeping an active lifestyle, through diet and natural solutions to maintain healthy lipid (HDL, LDL, Triglyceride) levels.

Dr Dinesh Nair | *Cardiologist* | *Heart Matters Medical Centre Pte Ltd*

2:10- 2:50PM **The Ageing Eye: What Do You See?**



Cataract, glaucoma, retinal and cornea diseases are the leading causes of blindness in the world. Advances in eye treatment significantly improved the success and safety of treating these common eye diseases. Through this talk, you will learn about common eye problems and the latest advances in eye disease treatment and how diet and lifestyle changes can protect your eyes.

Dr Leonard Ang | *Medical Director & Senior Consultant Ophthalmologist* | *Lang Eye Centre*

2:50- 3:30PM: **BREAK**

3:30- 4:10PM **Closing The Gaps: Stronger Joints, Better Mobility**



Discover the types of function tests and assessments for hip and knee and how they indicate potential problems. Find out ways you can prevent further degeneration and wear and tear to your joints through lifestyle and dietary adjustments.

Dr Lai Choon Hin | *Bone Specialist Orthopaedic Surgeon* | *AP Centre For Joint Reconstruction*

4:10- 4:50PM **Health supplement: A complement and not a replacement**



In a fast-paced environment like Singapore, many turn to eating fast-food for a quick fix, causing our body to lack essential nutrients. Improve your health and boost your immune system with the right supplements and to live a healthy long life, away from chronic diseases.

Dr Lee Chon Sham | *Family Physician* | *Lee Clinic*

4.50- 5.00PM: **LUCKY DRAW**



Attendees get a free \$5
Spring voucher onsite
Terms and Conditions apply



Registration

(inclusive of Goodie bag)

\$8 Early bird
(Book before 15 July)

\$12 Buddy
(2 tickets)

\$10 Event-day
(subject to availability)

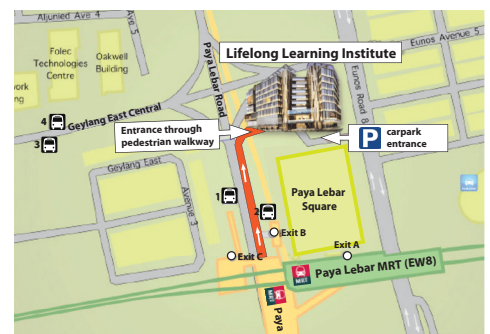


Free Bone Density
test available on site

*You can now use your Spring Gift
voucher to offset the registration fees.

6280 6690

Seats are limited on a first-come-
first-served basis



Directions:

Paya lebar MRT: Circle Line(CC9), Exit B
East West Line(EW8), Exit A

Bus Services: (Paya Lebar Station) Bus
stop number: 81111

Bus numbers: 24, 28, 43, 70, 70M, 76, 135,
154, 155

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