

Empowering your *Life* SEMINAR

30 October 2016, Sunday
1:00 – 5:00PM
(Doors open at 13.15)

The Grassroots' Club
190 Ang Mo Kio Ave 8, S568046
(5 mins walk from Yio Chu Kang Mrt)

Ageing gracefully isn't rocket science. It's all about understanding your body and its needs at different stages of life. The Empowering your Life seminar will help you to better understand various health conditions that you may encounter and how to cope with them.

So mark your calendars for 30 October! An afternoon at the Empowering your Life seminar will definitely reap you a lifetime of benefits!



Programme

1:30 – 1:40

OPENING ADDRESS BY GUEST OF HONOUR



1:40 – 2:20

**Dr Abel Soh
Wah Ek**

Consultant
Endocrinologist,
Abel Soh Diabetes,
Thyroid and Endocrine Clinic

DIABETES MANAGEMENT AND NOCTURIA

Learn to manage diabetes from all angles, from the kind and portion of food you eat, to the lifestyle adjustments you should make. Those who suffer from nocturia often thinking it is caused by excessive intake of water at night, however, nocturia may be an indication of other issues, i.e. diabetes. Find out more in this talk.



2:20 – 3:00

**Physician
Lin Jia Yi**

Registered TCM
Physician, Eu Yan Sang
TCM and Wellness Clinic

MENOPAUSE – A TCM PERSPECTIVE

From a TCM perspective, those who enter menopause may suffer from deficiencies in kidney yin, kidney yang, kidney essence (jing) and even liver qi stagnation, resulting in symptoms such as hot flashes, and insomnia. Come learn more about these conditions and get tips to prevent these conditions and boost your health.

3:00 – 3:30

 **TEA BREAK**



3:30 – 4:10

**Dr Lim Huat
Chye, Peter**

Medical Director,
Andrology,
Urology & Continence Centre,
Gleneagles Hospital

**URINARY INCONTINENCE
– IS IT REALLY HAPPENING TO ME?**

Urinary Incontinence (U.I), the loss of bladder control is a common and often embarrassing problem. Persistent U.I could be indicative of other underlying conditions such as menopause and prostate cancer. Learn how you can manage U.I and maintain your quality of life.



4:10 – 4:50

**Dr Chong
Mei Sian**

Senior Consultant
Geriatrician,
The Geriatric Practice,
Mt Elizabeth Novena Specialist Centre

**CONTINUING ON THE ROAD TO HAPPINESS:
MENTAL WELLNESS & ACTIVE AGEING**

Mental wellness is essential for active ageing and ensuring a good quality of life in our silver years. Learn how to take care of your own mental wellness and stay positive from our doctor.

4:50 – 5:00

 **LUCKY DRAW**

[Speakers are subject to change without prior notice]



Scan the QR code
to get directions

Registration

Call 6280 6690

or visit www.prime.sg/events

Registration Fee
(inclusive of Goodie bag)

\$12 / Buddy
2 TICKETS

\$10 / General
SUBJECT TO
AVAILABILITY

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



**Complimentary
Influenza
vaccination
for first 250
participants***

*Terms & Conditions apply

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