



FUND-RAISING HEALTH TALKS



LIONS CLUB OF SINGAPORE SOMERSET
6001 Beach Road #18-01, Golden Mile Tower
Singapore 199589
social service programs
<http://pachome1.pacific.net.sg/~gfpillay/somerset/homepage.htm>

In support of



LIONS BEFRIENDERS (MEI LING)
NEIGHBOURHOOD LINK
food rations and hot meal programs
獅子樂齡之友(美玲)鄰里中心

Well-being of the SMART person

S=SOPHISTICATED, M= MATURE, A=ACTIVE, R=RESOURCEFUL, T=TRENDY

11 & 12 April 2009

2.30 – 5.30 pm

Lions Nursing Home (Toa Payoh)

Expert Panel of Speakers will discuss topics from head-to-toe in the field of health and wellness for women



Dr. Tho Kam San, Consultant Orthopaedic Surgeon
MBBS (S'pore), M.MED (Surg), FRCS (Edin), FAMS (Orth)



Dr. Jason Chia,
Consultant Sports Physician
MBBS (S'pore), MSpMed (Aust)

Jo-Lin Family Clinic & Surgery

Dr. Peter Lim,
Anti-aging, Wellness and Aesthetics Specialists



Dr Christopher Khng, Consultant Ophthalmologist
MBBS, M.Med(Ophth), FRCS(Edin), FAMS(Ophth)



Ms Dianna Olivia Lim, Principal Aroma Therapy Instructor
(Talk in Mandarin)



Ms Thilaga Govindasamy, Sports Physiotherapist, MSc (HCM)(UK) BSc(Phy)(Aust) MSPA



Ms. Pat Lim 林秋霞 醫師, Registered
Optometrist and TCM eyecare physician
(Talk in Mandarin)

(Exhibitors of health and wellness services and products will also be present. Also supported by Lions Club of Singapore Vanda)
Details programme for each day enclosed.

**Book your free seat for either or both days
before 8 April 2009**

e-mail: balasrajaratnam@yahoo.com

Limited to 40 seats per day on a first come first serve bases

Free tea
reception &
goodie bags

**Monetary donation for the food rations and hot meal programme enjoy double tax relief.
Cheque should be addressed to Lions Community Service Foundation**



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11 & 12 April 2009

2.30 – 5.30 pm

Lions Nursing Home (Toa Payoh)

41 Toa Payoh Rise, Singapore 298101 Tel: +65 6252 9900
Buses: SBS 54, 130, 132, 156, 162 or 166 TIB 167, 851 or 980
MRT: Bishan, Toa Payoh or Novena

Programme schedule for:

Well-being of the **SMART** person

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	11 April 2009	12 April 2009
2.30 pm	Welcome & Introduction to food rations and hot meal activities of Lions Befriender NL (Mei Ling Street)	
2.35 pm	Opening by Lions DG Bobby Eng	Opening by Lions VDG Anthony Tay
2.40 pm	Dr. Tho Kam San, Consultant Orthopaedic Surgeon, MBBS (S'pore), M.MED (Surg), FRCS (Edin), FAMS (Orth) Title: Osteoarthritis of the Knees – New Treatments For An Old Problem	Dr. Jason Chia, Consultant Sports Physician MBBS (S'pore), MSpMed (Aust) Title: Exercise & YOUR health
3.00 pm	Dr.Peter Lim Anti-aging, Wellness and Aesthetics Specialists Title: Looking S.M.A.R.T.	
3.20 pm	Ms Thilaga Govindasamy, Sports Physiotherapist, MSc (HCM)(UK) BSc(Phty)(Aust) MSPA Title: Foot care & YOU	Ms Thilaga Govindasamy, Sports Physiotherapist, MSc (HCM)(UK) BSc(Phty)(Aust) MSPA Title: Bone health & Exercise
3.40 pm	Q & A	
3.55 pm	Tea Reception and visitation to fringe activities	
4.15 pm	Mr. Oya Seiichiro, Director, Lip Trainer, PATAKARA Title: Health & Beauty starts from Lip-training (facial exercise)	
4.30 pm	Ms Dianna Olivia Lim, Principal Aroma Therapy Instructor Title: An ancient cure - modern healing art of aromatherapy (Talk in Mandarin)	Ms. Pat Lim 林秋霞医师, Registered Optometrist and TCM eyecare physician Title: Eye diseases and eye health the TCM way (Talk in Mandarin)
4.50 pm	Dr Christopher Khng, Consultant Ophthalmologist MBBS, M.Med(Ophth), FRCS(Edin), FAMS(Ophth) Title: Visual rejuvenation for cataract and ageing sight	
5.10 pm	Q& A	
5.30 pm	Closing Address	

HEALTH TIP 2: EXERCISE REGULARLY.....WALK WITH YOUR FAMILY AND FRIENDS