



KK Women's and
Children's Hospital
SingHealth

KKH
160
Years

1858-2018
Celebrating Our Heritage,
Shaping The Future

Public Forum

Breezing through Menopause



- Date : 17 November 2018 (Saturday)
- Time : Forum - 2.00pm to 4.30pm
Workshops - Timing varies
- Forum Fee : \$10 per pax / \$15 per couple (Inclusive of light refreshments)
- Workshop Fee : \$2 per pax per workshop
(Limited to 1 workshop per participant)
- Venue : KKH Auditorium (Training Centre), Level 1,
Women's Tower

■ **English Forum**

Breezing through Menopause

17 November 2018 (Saturday), 2.00pm to 4.30pm

Programme

- 1.30pm** **Registration**
- 2.00pm** **Osteoporosis and You**
Dr Rukshini Puvanendran
Senior Consultant
Family Medicine Service, KKH
- 2.20pm** **Pelvic Floor Exercises**
Ms Elizabeth Chan
Principal Physiotherapist,
Physiotherapy Department, KKH
- 2.30pm** **Maintaining your Skin in the Golden Years**
Dr. Uma Alagappan
Consultant
Dermatology Service, KKH
- 3.00pm** **Questions and Answers**
- 3.10pm** **Tea Break**
- 3.40pm** **The Truth about Diabetes:
What do you really know?**
Dr Emily Ho
Senior Consultant
Department of Endocrinology, SGH
- 4.00pm** **Weight Changes during Menopause**
Dr Rukshini Puvanendran
Senior Consultant
Family Medicine Service, KKH
- 4.20pm** **Questions and Answers**
- 4.30pm** **End of Programme**

English Workshops (One workshop per participant)

Time	Workshops	Description	Max pax	Venue
9.30am - 12.00pm	Workshop 1 A taste of mindfulness	<p>Mindfulness is the process of bringing our awareness to our present moment experiences. Cultivating mindfulness is an ongoing process. Through this experiential workshop learn some basic techniques through mental exercises to bring mindfulness into your daily life.</p> <p>*Dress code: Comfortable attire to sit on the floor</p>	15	Conference Room 2
10.00am - 11.00am	Workshop 2 Improving intimacy in the silver years	<p>Learn about how to improve intimacy with your partner through this engaging and educational workshop. Rediscover the joys of being together.</p> <p>*Dress code: Exercise attire</p>	10 couples	Conference room 1
11.00am - 12.00pm	Workshop 3 Healthy eating for strong heart and bones	<p>Learn more about nutrition and how dietary changes can promote better health, including heart and bone health strategies that are important to preventing or managing most chronic conditions such as osteoporosis, diabetes and cardiovascular disease.</p>	20	Conference room 1
11.00am - 12.00pm	Workshop 4 Maintaining Agility	<p>Day to day activities involve movements that require us to manoeuvre around people and obstacles, and as such challenge our balance and coordination. Various types of exercises can help in training the brain to send signals that will activate the muscles to react more quickly with changing conditions.</p> <p>Come, find out how to improve agility and reduce your risk of falling.</p> <p>*Dress code: Exercise attire</p>	15	Lecture Room



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公众讲座

轻松度过更年期



- 日期 : 2018年11月17日(星期六)
- 时间 : 上午9点30分至下午12时(讲座)
下午1时至2时(工作坊)
- 讲座收费 : 每位\$10 / 两人\$15(包含茶点)
- 工作坊收费 : 每人\$2(每人只限一项)
- 地点 : 竹脚妇幼医院培训中心礼堂, 妇女大楼(一楼)

■ 公众讲座

轻松度过更年期

2018年11月17日(星期六), 上午9时30分至下午12时

目录

9.00am 报名登记

9.30am 认识骨质疏松

卢华龙医生
专科培训医生
全科医学服务
竹脚妇幼医院

9.50am 一起对抗糖尿病！

洪圣明医生
主任兼顾问全科医生
更年期小组兼全科医学服务
竹脚妇幼医院

10.10am 更年期体重变化

卢华龙医生
专科培训医生
全科医学服务
竹脚妇幼医院

10.30am 问答时间

10.40am 茶点时间

11.10am 黄金年华: 护肤秘诀

洪圣明医生
主任兼顾问全科医生
更年期小组兼全科医学服务
竹脚妇幼医院

11.30am 骨盆底部肌肉运动的重要

蔡诗灵小姐
首席物理治疗师
康复医疗部门
竹脚妇幼医院

11.50am 问答时间

12.00pm 讲座结束

华语工作坊 (每人只限一项工作坊)

下午1时至2时

时间	工作坊	简介	人数 只限	地点
下午1时 至2时	工作坊(一) 保护心脏及 强化骨骼的 健康饮食	<p>想了解如何通过日常饮食来改善健康吗?</p> <p>像是保护心脏和强化骨骼所需的重要营养, 以及如何有效地预防及管理慢性疾病, 例如: 骨质疏松症, 糖尿病和心脏病。</p>	20	Conference Room 1
	工作坊(二) 保持敏捷	<p>日常生活中保持平衡与协调是更年期妇女须重视的一环, 特别是避开障碍物或避免在外与人意外碰撞。有些运动能促使大脑迅速向肌肉发送讯息, 让您在任何状况下都能灵敏地应对。参加我们的工作坊, 深入了解如何提高敏捷性和降低跌倒的风险。</p> <p>*请穿适合运动的便装。</p>	15	Lecture Theatre

English Forum

Breezing through Menopause - 17 November 2018 (Saturday)

Forum - 2.00pm to 4.30pm | Workshops - Timing varies

■ Registration

Applicant's particulars:

Full name _____ (Mr / Mrs / Ms)

Address _____

(Postal code) _____ Telephone (H) _____ (HP) _____

(O) _____ Email _____

Please tick if you would like to receive information of future symposiums / events organised by KKH.

I would like to attend:

Forum - \$10 per pax / \$15 per couple

(Optional) Workshops* - \$2 per participant (Please choose 1 workshop only)

Workshop 1: A taste of mindfulness (9.30am - 12.00pm)

Workshop 2: Improving intimacy in the silver years (10.00am - 11.00am)

Workshop 3: Healthy eating for strong heart and bones (11.00am - 12.00pm)

Workshop 4: Maintaining Agility (11.00am - 12.00pm)

**KKH reserves the right to offer participant another workshop if their first choice is unavailable*

Payment

I would like to pay by:

NETS at Patient Education Centre, Level 1, Women's Tower, KKH

Cheque no. _____
(Crossed & made payable to "KK Women's and Children's Hospital Pte Ltd")

VISA MasterCard AMEX Credit card no. _____

Expiry date _____ (Month / Year) Signature _____

Amount paid \$ _____ No. of participants _____ Receipt no. _____
(For official use only)

Please fax or mail the completed form to us and send the cheque to:

Patient Education Centre

KK Women's and Children's Hospital, 100 Bukit Timah Road, Singapore 229899.

For credit card payment, please fax the completed registration form to **6394-1267**

Registration closes on **15 November 2018 (Thursday)**. Seats are confirmed upon full payment on a first-come-first-served basis. Registration fee is non-refundable. For more details, please call **6394-1268** (Monday to Friday, 9.30am to 4.00pm) or log on to www.kkh.com.sg/healthseries

We value and uphold the confidentiality of your personal data. In compliance with the Personal Data Protection Act ("PDPA"), we will limit access and disclosure of your personal data only to purposes related to this event. You may refer to the SingHealth Data Protection Policy available at www.kkh.com.sg to find out more.

Organised by
Family Medicine Service and Menopause Unit, KKH

Event Secretariat
Marketing Communications, KKH

华语讲座

轻松度过更年期 - 2018年11月17日(星期六)

讲座 - 上午9时30分至下午12时 | 工作坊 - 下午1时至2时

■ 报名表格

姓名 (请用英文填写) _____ (小姐/女士/先生)

地址 (请用英文填写) _____

邮区 (_____) 电话(住家) _____

(办公) _____ (手机) _____

电子邮件 _____

我愿意收到未来其它讲座的资讯。

我有意参加:

讲座 - 每位**\$10** / 两人**\$15**

工作坊 - 每位参与者 - **\$2** (每人只限一项工作坊)

工作坊(一): 保护心脏及强化骨骼的健康饮食

工作坊(二): 保持敏捷

付款方式

NETS (限于Patient Education Centre, Level 1, Women's Tower
KK Women's and Children's Hospital)

支票号码 _____
(划线支票请写明支付KK Women's and Children's Hospital Pte. Ltd.)

VISA MasterCard AMEX 信用卡号码 _____

有效日期 _____ (月/年) 签名 _____

人数 _____ 支付数额 _____ (收据号码) _____
(该官方使用)

支票付款者请将填妥的表格连同支票寄至: Patient Education Centre,
KK Women's and Children's Hospital, 100 Bukit Timah Road, Singapore 229899.
信用卡付款者可将表格填妥, 签名后传真到: **6394-1267**

截止日期: 2018年11月15日(星期四)。须全额付款后才确定座位, 先到先得。付款以后恕不退款。有关更多详情可致电: 6394-1268, 星期一至星期五, 上午9时30分至4时或到网站 www.kkh.com.sg/healthseries 查阅。

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