

MALAYSIAN HEALTHY AGEING SOCIETY

Empowering the Elderly

Kota Kinabalu, Sabah.

29th & 30th October 2011.

TIME	PROGRAMME	SPEAKER	ADDRESS
7.30 – 8.15 am	Registration		
8.15 – 8.30 am	Introduction	Ms. Thanam Selva	Clinical Hypnotherapist, Senior Lecturer, London College of Clinical Hypnosis Asia
8.30 – 9.00 am	Ageing Brain – How to improve on memory capacity	Dr. Lim Poh Hin	Lecturer & Consultant Neurologist Dept. Of Medicine Faculty of Medicine & Health Sciences, UPM
9.00 – 9.30 am	How can I manage my Stress?	Assoc. Prof. Dr. Philip George	Consultant Psychiatrist & Lecturer, International Medical University, Clinical School, Seremban
9.30 – 9.45 am	Q & A		
9.45 – 10.00 am	TEA BREAK		
10.00 – 10.30 am	Healthy Ageing – Your Choice	Dr. Lim Poh Hin	Lecturer & Consultant Neurologist Dept. Of Medicine Faculty of Medicine & Health Sciences, UPM
10.30 – 11.00 am	Depression in the Elderly	Assoc. Prof. Dr. Philip George	Consultant Psychiatrist & Lecturer, International Medical University, Clinical School, Seremban
11.00-11.30 am	Caring for the Elderly with Stroke	Dr. Lim Poh Hin	Lecturer & Consultant Neurologist Dept. Of Medicine Faculty of Medicine & Health Sciences, UPM
11.30-12.00pm	Q & A		
12.00– 1.00 pm	LUNCH		
1.00 – 1.30 pm	Self Hypnosis	Ms. Thanam Selva	Clinical Hypnotherapist, Senior Lecturer, London College of Clinical Hypnosis Asia
1.30 – 2.00 pm	Sleepless Nights – Dealing with Insomnia	Dr. Wong Teck Wee	Consultant Cardiologist iHeal Medical Centre, Level 7 & 8, Annexe Block Menara IGB, Mid Valley City, KL
2.00 – 2.30 pm	How to care for your patients with love.	Mdm Leong Sik Wai	Nutritionist & Volunteer, Tzu Chi Buddhist Foundation
2.30 – 3.00 pm	Secrets of Losing Weight Naturally	Dr. Wong Teck Wee	Consultant Cardiologist iHeal Medical Centre, Level 7 & 8, Annexe Block Menara IGB, Mid Valley City, KL
3.00 – 3.45 pm	Latest Technology in Screening the Heart	Dr. Wong Teck Wee	Consultant Cardiologist iHeal Medical Centre, Level 7 & 8, Annexe Block Menara IGB, Mid Valley City, KL
4.00 pm	TEA		

DAY 2 (30th October 2011)

TIME	TOPIC	SPEAKER	LOCATION
8.30 – 11.00 am	Workshop on Mobility	Mr. Thillainathan Krishnan	Occupational Therapist Dept. Of Occupational Therapy Hospital Selayang Selangor
11.00 - 11.15 am	TEA BREAK		
11.15 - 12.30 pm	Incontinence Care Workshop	Ms. Latha Sellertorai	TENA Product Specialist SCA Hygiene Marketing Sdn Bhd
12.30 - 1.00 pm	Q & A		
1.00 pm	LUNCH		