



# ARE YOU OK

Health and Wellness 身心保健

seminar 讲座 ● booth exhibition 展览

health screening 健康测验 ● career fair 职业介绍

7th JUNE 2008 (SATURDAY) 10AM - 5 PM

六月七日(星期六) 上午十时至下午五点

HOUGANG CENTRAL HUB (next to Hougang Mrt Station)

后港中社区活动场 (后港地铁站隔壁)

**FREE ADMISSION 入场免费**

**GUEST OF HONOUR**

**MR GEORGE YEO, MINISTER FOR FOREIGN AFFAIRS**



**EVENT PROGRAMME**

- 10.00 am **Arrival of Guests**
- 10.30 am **Arrival of Guest of Honour**
- 10.35 am **Opening Speech**  
Representative of Silver Ribbon (Singapore)
- 10.40 am **Speech**  
Guest of Honour
- 10.50 am **Tour of Booths**
- 11.00 am **Seminar, booth exhibition, health screening, and career fair commence**

**SEMINAR**

- 11.00 am **When It Is More Than Stress**  
Dr. Swapna Verma, Chief, Early Psychosis Intervention Programme
- 11.30 am **4 Secrets to Career Success**  
Ms Shannah Teo, Vice Principal/ Country Manager, Harriet Education Group
- 12 noon **Understanding The Visually Handiapped, (Mandarin)**  
Mr Chong Kwek Bon, a Visually Handicapped, Client of Singapore Association of the Visually Handicapped
- 12.30 pm **Lunch Break**

**SEMINAR**

- 1.00 pm **Myths in Contemporary Heart Health**  
Dr Tan Yong Seng, Medical Director, Singapore Heart Foundation
- 1.30 pm **What Everyone Should Know-on Protecting Lives, Saving Lives and Bringing about Awareness with Food Allergies**  
Ms Jenny Huang, Founder, Food Allergy (Singapore)
- 2:00 pm **Sleep and its role in Health and Wellness**  
Professor Michael Chee, Singapore Sleep Society

**SEMINAR**

- 2.30 pm **Anorexia Nervosa and Self Esteem Issues**  
Kwan Jin Yao, Project WITHIN, Hwa Chong Institution (College Section) Year One Student
- 3.00 pm **Tea Break**
- 3.30 pm **Coping With Schizophrenia**  
Mr Harris Ng, Author of Recovered Grace: Schizophrenia

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