

## Members' Networking Event

### "Are You What You Eat, Do and Think?"

A Special Health and Wellness Talk for Members

Date: **30 July 2010 (Friday)**

Time: **4pm to 6pm**

Venue: **Boathouse @ 3 Fullerton Road, #03-01, The Waterboat House**

#### **Programme**

- 4.00pm - Registration
- 4:30pm - 'Stay on Top with Superfoods'  
Fahma Sunarja, Senior Dietitian, Parkway Cancer Centre
- 5:00pm - 'Cancer Myths Busted'  
Dr Foo Kian Fong, Senior Consultant, Parkway Cancer Centre
- 5:30pm - 'Laugh Your Pains Away!'  
Tom Low, Laughter Yoga Therapist
- 6:00pm - Cocktail /Networking

#### **About the Speakers:**

##### **Fahma Sunarja**

Senior Dietitian, Parkway Cancer Centre  
'Stay on Top with Superfoods'  
Relationship between food and cancer  
Prevention of cancer with nutrition and lifestyle  
Practical tips and food choices that help to keep you well and healthy

##### **Dr Foo Kian Fong**

Senior Consultant, Medical Oncology, Parkway Cancer Centre  
'Cancer Myths Busted!'  
What are the risk factors  
How to reduce the risk  
Why screen for cancer

##### **Tom Low**

Certified Laughter Yoga Therapist  
Laugh Your Pains Away!  
Laughter Yoga combines fun and easy aerobic exercise with physiological and emotional benefits and stress reduction for a unique wellbeing workout.  
Studies have found that LAUGHTER  
- Enhances blood circulation and immune response  
- Reduces stress hormones, brings an emotional balance and improves general well being

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***"Are You What You Eat, Do and Think?"***

***30 July 2010, Friday  
4.30pm to 6pm (Registration at 4pm)***

***at Boathouse  
3 Fullerton Road  
#03-01 The Waterboat House***

**SID Members: Complimentary  
Non Members: S\$45**

***Sponsored by  
Parkway Cancer Centre***

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**Reply Slip**

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SID Member :  (Membership No. \_\_\_\_\_)

Non Member :  (*Make cheque of S\$45 payable to "Singapore Institute of Directors"*)

Name : \_\_\_\_\_

Designation : \_\_\_\_\_

Contact Person : \_\_\_\_\_

Company : \_\_\_\_\_

Address : \_\_\_\_\_

Tel : \_\_\_\_\_ Fax : \_\_\_\_\_

Email : \_\_\_\_\_

**Closing Date : 26 July 2010**

**Registration Policy**

1. Please fax registration form to 6227 9186 to secure a seat.
2. Payment for non-members must reach the Secretariat 5 working days before the event.