

# Looking Young Feeling Good and Staying Healthy Workshop



Start your day with a basic health screening followed by YOGASSAGE, a de-stress and abs toning programme conducted by a qualified yoga instructor that combines the techniques of massage with simple breathwork.

Following that, **Dr Irene Chua**, an Obstetrician & Gynaecologist will share more on how beauty and good health are interlinked. She will touch on how a well-balanced diet, healthy lifestyle and selected health screenings can prevent cancer, hormonal imbalance and also common gynaecological problems.

There remains a misconception that heart disease is not a real problem for women. In fact, heart disease, in particular coronary heart disease is actually a leading cause of disease and death for women in Singapore. **Dr Dinesh Nair**, a Cardiologist will share more on why "Prevention is better than cure" and ways to keep your heart health in check.

**6 December 2011, Tuesday | 10.00am-1.00pm**

Holiday Inn Orchard City Centre, 11 Cavenagh Road, Singapore 229616  
Shah Jahan & Mumtaz Mahal Room

## Programme

- 10.00 am Registration/Complimentary Health Screening
- 10.15 am BreathWork & Self Massage Workshop
- 11.15 am Ageless Beauty comes from Good Health,  
Dr Irene Chua, Obstetrician & Gynaecologist  
Gleneagles Hospital
- 11.45 am Women & Heart Disease: More than a heartache  
Dr Dinesh Nair, Cardiologist  
Mount Elizabeth Hospital
- 12.15 pm Q&A
- 12.45 pm Refreshment/ Health screening continues
- 1.00 pm End of program



Connect with us on at [www.facebook.com/parkwayhealth](http://www.facebook.com/parkwayhealth)