



Happier & Healthier Living

CHARITY DINNER

The Science of Sustainable Happiness

Today's greatest health challenges: depression, trauma, obesity, cancer, are now known in large part to reflect our inability to tame stress reflexes gone wild.

The same can be said of the economic challenges posed by the stress-reactive cycles of boom and bust, driven by addictive greed and compulsive panic.

Current research has opened up new horizons of stress-cessation, empathic intelligence, peak performance, and shared happiness.



KEYNOTE SPEAKER



Dr Joe Loizzo, MD, PhD,
Harvard-Trained Psychiatrist

About Dr Joe Loizzo

Dr Joe Loizzo, M.D., Ph.D., is a Harvard-trained psychiatrist and Columbia-trained scholar with over thirty years' experience studying the beneficial effects of meditation on healing and learning.

He is Assistant Professor of Clinical Psychiatry in Integrative Medicine at Weill Cornell Medical College, where he researches and teaches mind/body health.

Dr. Loizzo also opened the Center for Meditation and Healing at Columbia University's Presbyterian Hospital, the first mind/body center in the U.S. to offer programs in stress-reduction, self-healing and lifestyle change.

GUEST OF HONOR



Dr Lam Pin Min
*Senior Minister of State,
Ministry of Health*

Date: 7 September 2017, Thursday

Time: 7pm - 9:30pm

Venue: Hotel Royal Level 2
36 Newton Road Singapore 307964

All Donations are 250% tax deductible

Individual: \$100, \$200, \$300 & \$500

Tables for 10: \$1K, \$2K, \$3K & \$5K

8-course Chinese Dinner (Vegetarian option available for \$2K and above tables)

To book tables or tickets: www.brahmcentre.com

Enquiries: info@brahmcentre.com Tel: 6258 0831

Net proceeds will be applied to the set up and running of the new centre, *Brahm Centre @ Simei.*

Member of



Brahm Centre Limited

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