



Happier & Healthier Living

Brahm Centre @ Simei

Blk 227 Simei St 4 #01-50 Singapore 520227
(5 min walk from Simei MRT station)
Office Opening Hours: 9am - 7pm (Mon - Fri)
9am - 5pm (Sat)

Please register for all programs at:
www.BrahmCentre.com



Oct/Nov
2017
SIMEI
CENTRE

OPENING TALK

FREE

Dementia - Symptoms and Treatment

by **Dr Chan Keen Loong**
Psychiatrist & Head of Psychological Medicine
Khoo Teck Puat Hospital

14 Oct 2017, Sat @ 11am - 12:30pm



BE A VOLUNTEER!

We invite you to find out more about how you can volunteer with Brahm Centre to contribute to the community.

Oct 14 @ 1pm

Snacks and drinks will be provided.
Register to attend



SATURDAY HEALTH FORUMS

Free-to-attend 2.30pm - 4pm

14 Oct: How Mindfulness Reduces Stress

by **Angie Chew**
Principal Mindfulness Trainer
Brahm Centre



21 Oct: Nutrition for Healthy Living

by **Dr Hoo Hui Kim**
Medical Doctor



28 Oct: Caring For Our Eyes

by **Dr Augustinus Laude**
Ophthalmologist
Tan Tock Seng Hospital



11 Nov: Diabetes and Hypertension

by **Dr Ajith Damodaran**
General Practitioner



18 Nov: Depression: Symptoms and Treatment

by **Dr Tan Rui Qi**
Psychiatrist
Changi General Hospital



25 Nov: Arthritis and Rheumatism

by **Dr Anindita Santosa**
Rheumatologist
Changi General Hospital



MINDFULNESS PROGRAMS

Would you like to be more relaxed, sleep better, improve your health & relationships?

Mindfulness Foundation Course (4 sessions)

FULL Oct 5, 12, 19, 26 Thursdays 3pm - 5pm
Nov 6, 13, 20, 27 Mondays 9:30am - 11:30am

正念基础课程 (中文讲解 - 4 堂课)

Oct 17, 24, 31, Nov 7 Tuesdays 7:15pm - 9:15pm

*NSA subsidy: \$21 Normal price: \$105
SkillsFuture Credit can be applied

*NSA = National Silver Academy Subsidy for Singaporeans and Permanent Residents (PR) aged 50 and above

OPENING SPECIAL

Intergenerational Creative Writing Workshop To Gather Together As A Family

This creative writing workshop is designed to enhance communication and offer bonding opportunities to the family.

Led by an experienced theatre director and educator, Jeffrey Tan, Founding President of the Singapore Drama Educators Association.

Nov 4, 11, 18, 25, Dec 2, 9, 16
Saturdays 10am - 12:30pm

Registration: \$21 per pair of parent/grandparent and child (8-12 years old) for snacks and drinks

This course is sponsored by



ART CLUB

FULL Oct 4, 11, 25
Nov 1, 8, 15, 22, 29

Wednesdays 10am - 12pm
Opening Special - FREE

You don't need to be artistic. Express yourself through art with colour pencils, crayons and paint.

Led by an Art Teacher



DEPRESSION & DEMENTIA SCREENING 忧郁症与失智症检查

Nov 4 Sat @ 12pm - 4pm
\$2 (Opening Special)
Normal price: \$5



Member of



Enquiries:

Tel: 6786 0800

info@brahmcentre.com

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