



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



Opening in
Oct 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



VOICE OUT CONCERT

Botanic Gardens

in celebration of

World Mental Health Day

featuring **Stephanie Sun**

and mindfulness practice

7 Oct, Sat @ 4:30pm - 7pm



MINDFULNESS PROGRAMS

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

Mindfulness Foundation Course (4 sessions)

Oct 5, 12, 19, 26 Thursdays 3pm - 5pm

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

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*



ART CLUB

Oct 4, 11, 25 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



EXCURSION - SINGAPORE ZOO

12 Oct Thursday
10am - 2pm

Normal Ticket Price: \$33

Special: \$10 per person (includes transport)



DEMENTIA SCREENING

失智症检查

Nov 4 Saturday

12pm - 4pm

\$2 (Opening Special)

Normal price: \$5



Member of



Enquiries:

Tel: 6258 0831

info@brahmcentre.com



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