



Please register for all courses and talks at [www.BrahmCentre.com](http://www.BrahmCentre.com)

# JUNE 2017



Happier & Healthier Living

## SATURDAY PROGRAMS

**10 June @ 10am - 4pm**  
**Dementia Screening for Early Detection**  
*(book an appointment)*

**17 June @ 4pm**  
**Truths & Myths About Hypnosis**  
 by **Dr Tan Siok Bee**



**24 June @ 10am - 4pm**  
**Dementia Screening for Early Detection**  
*(book an appointment)*

**1 July @ 4pm**  
**Early Detection and Treatment of Breast Cancer**  
 by **Dr Lim Hwee Yong**



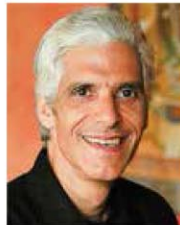
**8 July @ 4pm**  
**Podiatric Medicine - Bunions, Flat Feet, Corn & Other Foot Ailments**  
 by **Dr Florina Iliescu**



Brahm Centre staff & board members with Minister of Health

## CHARITY DINNER

**The Science of Sustainable Happiness**  
 by **Dr Joe Loizzo, MD, PhD,**  
*Harvard-Trained Psychiatrist*



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

**7 Sept 2017, Thur @ 7pm - 9:30pm**  
 All Donations are 250% tax deductible  
 Individual: \$100, \$200, \$300, \$500  
 Tables for 10 are also available

## CHAIR YOGA

**Tues @ 10am starting 4 Jul**

Chair yoga is a form of yoga that can be done while seated or with the support of a chair.



## CLUBS - FREE

**Art & Craft**  
**Mon at 10am**  
**Mindfulness**  
**Wed at 10:30am**  
**Music & Social**  
**Thur at 10am**  
**Mahjong**  
**Fri at 11am - 1pm**

## MINDFUL WALK

@ Botanic Gardens

**FREE!** Wake your body up or wind your week down with mindful exercise, sitting and walking meditation

**Date: 4 June & 2 July 2017 (Sunday)**

**Time: 7:45am - 9:30am**

Please register



## MINDFULNESS PROGRAMS

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

**\*Mindfulness Foundation Course (4 sessions)**

**July 4, 11, 18, 25** Tuesdays 7:15pm - 9:15pm

**August 1, 8, 15, 22** Tuesdays 7:15pm - 9:15pm

**\*Mindfulness-Based Stress Reduction (MBSR) Program (8 sessions) + 1 full day retreat**

**July 6\*, 13, 20, 27, Aug 3, 17, 24, 31\***

Thursdays 7:15pm - 9:30pm

*\*Dates with different class times: 6:45pm - 9:45pm*

*(10 Aug is skipped due to National Day)*

**(Full day retreat: Aug 20** Sunday 9:30am - 5pm)

**\*正念减压课程 (MBSR - 中文讲解 - 8 堂课 + 一日静观)**

**July 13, 20, 27, August 3, 10, 17, 24, 31**

Thursdays 2:30pm - 5pm

**(一日静观: Aug 20** Sunday 9:30am - 5pm)

*\*National Silver Academy Subsidy and SkillsFuture Credit can be applied*



Mindfulness Workshop for School Counsellors

**Mindfulness for Students & Parents (6 sessions)**

**Kids (7-12yrs) & Teens and their parents**

**July 1, 8, 15, 22, 29 & Aug 5** Saturdays 2pm - 3:30pm

**Mindful Parenting Course (5 sessions)**

**July 1, 8, 15, 22, 29** Saturdays 2pm - 3:30pm

**\*Mindfulness-Based Cognitive Therapy (MBCT)**

**Sept 21, 28, Oct 5, 12, 19, 26, Nov 2, 9**

Thursdays 7pm - 9:30pm

**(Full day retreat: Oct 29** Sunday 9:30am - 5pm)

**NEW!**

Member of



**Brahm Centre Limited**

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