



Happier & Healthier Living

百仁中心 Brahm Centre @ Novena

71 Irrawaddy Road Ren Ci Hospital #03-09

Singapore 329562 (Next to Novena MRT)

Office Opening Hours: 9am - 7pm (Mon - Fri)

9am - 6pm (Sat)

Enquiries: Tel: 6258 0831 | info@brahmcentre.com

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

Supported by



Novena Nov 2017

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SATURDAY PROGRAMS

Time: 4.00pm - 5.30pm FREE

**28 Oct : When Is Joint Pain
Not Due To Ageing**

by **Dr Koh Li Wearn**
Rheumatologist, Tan Tock Seng Hospital



11 Nov : Putting Meaning Into Life

by **Angie Chew**
Executive Director &
Principal Mindfulness Trainer
Brahm Centre



**18 Nov : The Importance of Social
Consciousness**

by **Capt James Khoo**
Investor



**25 Nov : What's In Our Food and
On The Food Labels?**

by **Dr Ong Mei Horng**
Food Scientist



2 Dec : Degeneration Of The Knees
by **Dr Florina Iliescu**



MAHJONG CLUB

**4 Lessons To Sharpen Your Mind
Nov 7, 14, 21, 28**

Every Tuesday 10:30am - 12:30pm
Fee \$20 - light lunch provided



ART CLUB

Water-Colouring Course (12 sessions)

Jan 8 to Apr 2, 2018

Every Monday 10am - 12pm

Fee \$240 : Seniors 50 & above: \$48

You don't need to be artistic. Express yourself
through art with watercolour painting.

Taught by professional artist, art teacher, art therapist and
consultant, **Paul Lee** from UniqArts and Technologies



OTHER CLUBS

Mindfulness Club
for mindfulness
course graduates
Every Wed 10:30am



**Music & Social Club
with Potluck**

Every Thurs 10am - 12pm



MINDFUL MOVEMENT

**FREE 5 Nov, 3 Dec Sundays
8am - 9:30am
Botanic Gardens**



MINDFULNESS PROGRAMS

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



**Mindfulness Foundation Course
(MFC - 4 Sessions)**

MacPherson Nov 4, 11, 25, Dec 2 (Sat) 2.30pm-4.30pm

Simei Nov 6, 13, 20, 27 (Mon) 9:30am - 11:30am

Novena Nov 7, 14, 21, 28 (Tues) 7:15pm - 9:15pm

Simei Dec 7, 14, 21, 28 (Thurs) 3pm - 5pm

Novena Jan 8, 15, 22, 29 (Mon) 7:15pm - 9:15pm

Novena Jan 31, Feb 7, 14, 21 (Wed) 7:15pm - 9:15pm

正念基础课程 (中文讲解 - 4 堂课)

MacPherson Nov 4, 11, 18, 25 (Sat) 2.30pm-4.30pm

Simei Nov 14, 21, 28, Dec 5 (Tues) 3pm - 5pm

Novena Nov 8, 15, 22, 28 (Wed) 2:30pm - 4:30pm

Simei Jan 3, 10, 17, 24 (Wed) 3pm - 5pm

MFC: \$105 | \$21 for Seniors in 2017

\$160 | \$32 for Seniors in 2018 Early Bird: \$128

SkillsFuture credits can be applied

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

Novena Dec 6, 13, 20, 27, Jan 3, 10, 17, 24 (Wed) 7:15pm - 9:30pm

Jan 14 (Sun) 9:30am - 5pm

Simei Dec 6, 13, 20, 27, Jan 3, 10, 17, 24 (Wed) 3pm - 5:30pm

Jan 14 (Sun) 9:30am - 5pm

正念减压课程 (MBSR - 中文讲解 - 8 堂课 + 一日静观)

Simei Jan 4, 11, 18, 25, Feb 1, 8, 22, Mar 1 (Thurs) 3pm - 5:30pm

Feb 11 (Sun) 9:30am - 5pm

MBSR: \$550 | Seniors: \$110 SkillsFuture credits can be applied

Mindfulness for Students & Parents (4 sessions)

Novena: Nov 4, 11, 18, 25 (Sat) 2pm - 3.45pm

Mindfulness in Parenting Course (4 sessions)

Novena: Nov 4, 11, 18, 25 (Sat) 2pm - 4pm

The above are correct at time of print, subject to adjustments

EXCURSIONS

**Heritage Tour to Sun Yat Sen
Nanyang Memorial Hall &
Indian Heritage Centre**

Nov 30 Thurs @ 10am - 1pm

FREE for accompanying domestic worker



**National Gallery - Old Supreme Court and City Hall
Dec 21 Thurs @ 10am - 1pm**

T&C's apply

\$5/Excursion - transport, snacks & water provided



Happier & Healthier Living

Brahm Centre @ Simei 百仁中心

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)

Enquiries: Tel: 6786 0800 | info@brahmcentre.com

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Simei Nov 2017

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

Nov 4 Sat @ 12pm - 4pm

\$2 (Opening Special)

Normal price: \$5



SATURDAY HEALTH FORUMS

Time: 2.30pm - 4pm FREE

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



2 Dec: Prevention and Treatment of Hearing Loss
by **Dr Ho Eu Chin**
Otolaryngologist
Tan Tock Seng Hospital



THERAPEUTIC YOGA

FREE Trial Sessions

Nov 7, 14, 21, 28 Tues 10:30am - 11:30am



POTLUCK CLUB

FREE

Every Thursday 10:30am - 1pm from Nov 2

10:30am Move Our Muscles | Call or email to register
10:45 am Learn Something New | Nov 2 - Learn about Chinese Tea
11:45am Let's Makan

There will be an excursion each month on a Thursday

MINDFUL MOVEMENT

FREE 5 Nov, 3 Dec Sundays

8am - 9:30am

Botanic Gardens



MINDFULNESS PROGRAMS

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

Mindfulness Foundation Course (4 sessions)

Nov 6, 13, 20, 27 Mon 9:30am - 11:30am

Dec 7, 14, 21, 28 Thurs 3pm - 5pm

正念基础课程 (中文讲解 - 4 堂课)

Nov 14, 21, 28, Dec 5 Tues 3pm - 5pm

Jan 3, 10, 17, 24 Wed 3pm - 5pm

*NSA subsidy: \$21 Normal price: \$105

Mindfulness-Based Stress Reduction (MBSR)

Program (8 sessions) + 1 full day retreat

Dec 6, 13, 20, 27, Jan 3, 10, 17, 24 Wed 3pm - 5:30pm

Jan 14 Sun 9:30am - 5pm

正念减压课程 (MBSR - 中文讲解)

Jan 4, 11, 18, 25, Feb 1, 8, 22, Mar 1 Thurs 3pm - 5:30pm

Feb 11 Sun 9:30am - 5pm

*NSA subsidy: \$110 Normal price: \$550

*NSA = National Silver Academy Subsidy for Singaporeans & PRs | SkillsFuture Credit can be applied

Above are subject to changes and more date options are available on our website.



CREATIVE ARTS PROGRAM

For You & Your Child (Primary Level)

Ever wondered how to bring out the creativity in your child or yourself? Join us for this fun and interactive creativity workshop. This 6-session program is created to bring out the fun and creativity in you and your child, and produce a short performance together!

Enjoy 6 sessions of creativity with your child during the school holidays.

Unlocking your Child's Creativity
Using the Power of Imagination
Creating Characters

Creating A Story
Acting Out The Story
Show-Time!

Dates: **Nov 16, 23, 30 Dec 7, 14, 16*** (Thurs/Sat*)

Time: **2.30pm - 5.30pm / 9.30am - 12.30pm***

Normal Fee: **\$175** - Sponsored by:



Pay only **\$21 per pair** of participants for snacks and drinks

EXCURSIONS

Heritage Tour to Sun Yat Sen Nanyang Memorial Hall & Indian Heritage Centre

Nov 30 Thurs @ 10am - 1pm

FREE for accompanying domestic worker

National Gallery - Old Supreme Court and City Hall

Dec 21 Thurs @ 10am - 1pm

T&C's apply

\$5/Excursion - transport, snacks & water provided

ART CLUB

Dec 6, 13, 20, 27

Wed 10am - 12pm
Seniors: \$20 | Normal: \$80

Dec 1, 8, 15, 22

Fri 10am - 12pm
Seniors: \$20 | Normal: \$80

Jan 3 - Mar 28, 2018

Wed 10am - 12pm
12 Sessions

Seniors: \$48 | Normal \$240

Led by an Art Teacher



BE A VOLUNTEER!

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

Nov 11 Sat @ 10:30am

Snacks and drinks will be provided.

Register to attend

