



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
or brahmcentre.eventbrite.com

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Novena
Dec 2017
Jan 2018

SATURDAY PROGRAMS

Time: 4.00pm - 5.30pm **FREE**

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



9 Dec : See below

16 Dec : Exploring Ways In
Managing Pain
by **Dr Tan Tee Yong**



23 - 26 & 30 Dec Closed for the Holidays

6 Jan : How To Live Longer & Happier
by **Prof Giam Yoke Chin**
National Skin Centre



TALK & BOOK LAUNCH



**Parenting Adolescents -
You Are Not Alone**

by **Dr Peter Mack**

Date: **9 December 2017, Sat**

Time: 4pm - 5:30pm



THERAPEUTIC YOGA AND YIN YOGA



Therapeutic Yoga: Dec 2 - Jan 27
9am - 10:15am

Yin Yoga: Jan 9 - Mar 27, 7:30pm - 8:45pm

MAHJONG CLUB

4 Lessons To Sharpen Your Mind
Dec 5, 12, 19, 26

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



OTHER CLUBS

Mindfulness Club

for mindfulness course graduates
Every Wed 10:30am



Music & Social Club with Potluck

Every Thurs 10am - 12pm



MINDFULNESS PROGRAMS

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



Mindfulness Foundation Course (MFC - 4 Sessions)

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

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

Simei Jan 9, 16, 23, 30 (Tues) 3pm - 5pm

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)

Novena Jan 3, 10, 17, 24 (Wed) 2:30pm - 4:30pm

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

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

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

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

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

Simei Jan 3, 10, 17, 24, 31, Feb 7, 21, 28 (Wed) 7pm - 9:30pm

Feb 4 (Sun) 9:30am - 5pm

Novena Jan 4, 11, 25, Feb 1, 8, 13, 20, Mar 8 3pm - 5:30pm

Feb 4 (Sun) 9:30am - 5pm

正念减压课程 (MBSR - 中文讲解 - 8 堂课 + 一日静观)

Novena Jan 12, 19, 26, Feb 2, 9, 23, Mar 2, 9 (Fri) 3pm - 5:30pm

Feb 25 (Sun) 9:30am - 5pm

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

MBSR - One Day Workshop for mindfulness course graduates
4 February 2018, Sunday @ 9:30am - 5pm

Mindfulness Advance Course

Residential 3 - 5 February 2018

Pre-requisite: Mindfulness Foundation and Intermediate courses

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

Check Eventbrite for more options

Mindfulness for Students & Parents (4 sessions)

Novena: Jan 6, 13, 20, 27 (Sat) 2pm - 3.45pm

Mindfulness in Parenting Course (4 sessions)

Novena: Jan 6, 13, 20, 27 (Sat) 2pm - 4pm

Applying Mindfulness in Grandparenting Course (4 sessions) **NEW**

Simei Jan 29, Feb 5, 12, 19 Mon 3pm - 5pm

*NSA subsidy: \$32 Normal price: \$160 Early Bird: \$128

EXCURSION

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)

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Simei
Dec
2017
Jan
2018

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OFFICIAL OPENING



15 December 2017, Friday
10am - 1pm

Guest of Honour: Dr Amy Khor
Senior Minister of State, Ministry of Health &
Ministry of the Environment and Water Resources

Special Guest: Ms Jessica Tan
Member of Parliament for East Coast GRC

SATURDAY HEALTH FORUMS

Dec: 2:30pm - 4pm Jan: 2pm - 3.30pm

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



9 Dec: Good Posture, Good Balance, Good Health
by **Dr Florina Iliescu**



16 Dec: See below

23 - 26 & 30 Dec Closed for the Holidays

6 Jan: Prevention & Treatment of Hand Injuries
by **Dr Andrew Yam**
Singapore General Hospital



13 Jan: Right Skin Care To Look Younger
by **Prof Giam Yoke Chin**
National Skin Centre



MINDFULNESS PROGRAMS

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

Mindfulness Foundation Course (4 sessions)

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

Jan 9, 16, 23, 30 Tues 3pm - 5pm

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

January 2018 onwards

*NSA subsidy: \$32 Normal price: \$160 Early Bird: \$128

Applying Mindfulness in Grandparenting Course (4 sessions) NEW

Jan 29, Feb 5, 12, 19 Mon 3pm - 5pm

*NSA subsidy: \$32 Normal price: \$160 Early Bird: \$128

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

Jan 3, 10, 17, 24, 31, Feb 7, 21, 28 Wed 7:00pm-9:30pm

Feb 4 Sun 9:30am - 5pm

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

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

The above are correct at time of print, subject to adjustments. Check Eventbrite for other dates



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



EXCURSION

National Gallery - Old Supreme Court and City Hall

Dec 21 Thurs @ 10am - 1pm

T&C's apply

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

THERAPEUTIC YOGA

Every Tuesday starting **Jan 2nd, 2018**

Please register



POTLUCK CLUB

FREE

Every Thursday 10:30am - 1pm

10:30am Move Our Muscles

10:45 am Learn Something New

11:45am Let's Makan

There will be an excursion each month on a Thursday



CHRISTMAS SPECIAL

Learn to Bake FREE
16 December 10am - 12pm

Demonstration by Ruth Lee



EYE SCREENING

16 Dec 9am - 6pm

Checks for potentially sight-threatening eye diseases:

- Age Related Macular Degeneration (AMD)
- Diabetic Retinopathy (DR)
- Glaucoma
- Cataract

Special Offer: \$5 per person

FREE for Pioneer Generation cardholders



Counselling Services, Pro Bono Legal Advisory Please email info@brahmcentre.com