



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](http://www.brahmcentre.com)

or [brahmcentre.eventbrite.com](http://brahmcentre.eventbrite.com)

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# Novena FEB 2018

The Centre will be closed 15 - 19 February for Lunar New Year celebrations

## SATURDAY PROGRAMS

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

**20 Jan : How to Die a Good Death**

by **Dr Kenneth Tan**  
Senior Consultant



**27 Jan : Knowing the Nutritional Value of Food & Beverages**

by **Dr Ong Mei Horng**  
Food Scientist



**3 Feb : Ageing with a Purpose**

by **Ann Choo**  
Head of Care Team, Brahm Centre



**10 Feb : The Meaning of Love**

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



**24 Feb : Strengthening Family Ties**

by **Frank Singam**  
Head of Counselling, Brahm Centre



**3 Mar : Lifetime Parenting for Success**

by **Dr Ang Beng Choo**



## EYE SCREENING

**3 Feb Sat 9:30am - 6pm**

Checks for potentially sight-threatening eye diseases:

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

Special Offer: \$5

Register to attend [www.brahmcentre.com](http://www.brahmcentre.com)



## THERAPEUTIC YOGA

**Feb 3 - Mar 31 (every Sat)**

9am - 10:15am



## ART COURSE

**Water-Colouring Course (12 sessions)**

**Apr 9 - Jun 25 (Mon) @ 10am - 12pm**

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

You don't need to be artistic. Express yourself through art with water-colour painting.

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



## EXCURSION

**Healthier Hawker Food Trail**

@ Toa Payoh West Market and Food Centre

Learn how to choose healthier food

**Jan 25 Thur @ 10am - 11am**

Meeting time: 9:50am

\$5 - Please register



## MINDFULNESS PROGRAMS

Learn to be more present, calmer, feel more relaxed and improve your relationships

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

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

**Simei Jan 31, Feb 7, 14, 21 (Wed) 3pm - 5pm**

**Simei Apr 3, 10, 17, 24 (Tues) 3pm - 5pm**

**Novena Apr 7, 14, 21, 28 (Sat) 2pm - 4pm**

**Simei May 2, 9, 16, 23 (Wed) 3pm - 5pm**

**Novena May 2, 9, 16, 23 (Wed) 7:15pm - 9:15pm**

**正念基础课程 (中文讲解 - 4 堂课)**

**Simei Jan 18, 25, Feb 1, 8 (Thur) 7:15pm - 9:15pm**

**Novena Feb 6, 13, 20, 27 (Tues) 7:15pm - 9:15pm**

**MacPherson Mar 1, 8, 15, 22 (Thur) 3pm - 5pm**

**Novena Apr 3, 10, 17, 24 (Tues) 2:30pm - 4:30pm**

**Simei Apr 4, 11, 18, 25 (Wed) 3pm - 5pm**

**Novena May 3, 10, 17, 24 (Thur) 2:30pm - 4:30pm**

MFC: \$160 | \$32 for Seniors Early Bird: \$128

SkillsFuture credits can be applied

**Mindfulness Intermediate Course (MIC - 4 sessions)**

**Simei Apr 2, 9, 16, 23 (Mon) 3pm - 5pm**

**Novena Apr 6, 13, 20, 27 (Fri) 7:15pm - 9:15pm**

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

**Simei Mar 8, 15, 22, 29, Apr 5, 12, 19, 26 (Thur) 3pm - 5:30pm**

**Simei Mar 8, 15, 22, 29, Apr 5, 12, 19, 26 (Thur) 7pm - 9:30pm**

**Full day retreat: Apr 8 (Sun) 9:30am - 5pm**

**Novena Mar 8, 15, 22, 29, Apr 5, 12, 19, 26 (Thur) 7:15pm - 9:30pm**

**Full day retreat: Apr 8 (Sun) 9:30am - 5pm**

**Novena Apr 2, 9, 16, 23, 30, May 7, 14, 21 (Mon) 7:15pm - 9:30pm**

**Full day retreat: May 13 (Sun) 9:30am - 5pm**

**Simei Apr 3, 10, 17, 24, May 8, 15, 22, Jun 5 (Tues) 7pm - 9:30pm**

**Full day retreat: May 13 (Sun) 9:30am - 5pm**

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

**Simei Mar 7, 14, 21, 28, Apr 4, 11, 18, 25 (Wed) 7pm - 9:30pm**

**Full day retreat: Apr 15 (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**

**11 February 2018, Sunday @ 9:30am - 5pm**

**Mindfulness Advance Course (MAC - 3 Day Residential) NEW**

for MFC & MIC graduates

**Feb 3, 4, 5 (Sat-Mon)**

**3-Day Mind-Body Healing Retreat NEW**

**24-27 March (Sat-Tues) Thailand**

NSA subsidy & SkillsFuture credits can be applied to course fee only

**5-Day Coming To Your Senses Retreat NEW**

**21-25 June (Thur-Mon) Thailand**

NSA subsidy & SkillsFuture credits can be applied to course fee only

**Mindfulness in Pain Management Course NEW**

for MBSR graduates (8 sessions)

**Novena Apr 7, 14, 21, 28, May 5, 12, 26, Jun 2 (Sat) 10:30am - 12pm**

NSA subsidy & SkillsFuture credits can be applied

**Mindfulness for Students & Parents (4 sessions)**

**Novena Apr 7, 14, 21, 28 (Sat) 2pm - 3:45pm**

See Eventbrite for family packages



**Mindfulness Fun Camp**

for Primary School Students

**Simei March 12, 13**

9:30am - 4:30pm



The above are correct at time of print, subject to adjustments. Please see Eventbrite for up-to-date listing and Simei poster for more programs.





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 Feb 2018



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## DEMENTIA & DEPRESSION SCREENING

**10 Mar 9:30am - 6pm**

Prevention and early detection helps to reduce degeneration of the brain.

Fee: \$5 per person

FREE for Pioneer Generation cardholders



## SATURDAY HEALTH FORUMS

Time: 2pm - 3.30pm

**20 Jan: Knowing How To Read Food Labels To Make Better Food Choices**

by **Dr Ong Mei Horng**  
Food Scientist



**27 Jan: Making A Will & Lasting Power of Attorney**

by **Mr Tan Siak Hee**  
Solicitor & Legal Advisor to Brahm Centre



**3 Feb: Understanding and Treating Pain**

by **Dr Tan Tee Yong**  
Senior Consultant



**10 Feb: Caring for Your Digestive System**

by **Dr Lai Juinn Herng**  
Consultant Surgeon



**24 Feb: Parenting for Success**

by **Dr Peter Mack**  
Senior Consultant



**3 Mar: Symptoms & Prevention of Dementia**

by **Dr Chan Keen Loong**  
Psychiatrist & Head of Psychological Medicine



## POTLUCK CLUB

FREE

Every Thursday 10:30am - 1pm

10:30am Move Our Muscles

10:45 am Learn Something New

11:45am Let's Makan

Bring a dish of food to share



## MINDFULNESS PROGRAMS

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

**Mindfulness Foundation Course (4 sessions)**

Jan 31, Feb 7, 14, 21 (Wed) 3pm - 5pm

Apr 3, 10, 17, 24 (Tues) 3pm - 5pm

May 2, 9, 16, 23 (Wed) 3pm - 5pm

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

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Apr 2, 9, 16, 23 (Mon) 3pm - 5pm

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

Mar 8, 15, 22, 29, Apr 5, 12, 19, 26 (Thurs) 3pm - 5:30pm

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正念减压课程 (中文讲解 - 8 堂课 + 一日静观)

Mar 7, 14, 21, 28, Apr 4, 11, 18, 25 (Wed) 7pm - 9:30pm

Full day retreat: Apr 15 (Sun) 9:30am - 5pm

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

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

**3-Day Mind-Body Healing Retreat NEW**

24-27 March (Sat-Tues) Thailand

NSA subsidy & SkillsFuture credits can be applied to course fee only

**5-Day Coming To Your Senses Retreat NEW**

21-25 June (Thur-Mon) Thailand

NSA subsidy & SkillsFuture credits can be applied to course fee only



**Mindfulness Fun Camp for Primary School Students**

March 12, 13 9:30am - 4:30pm



## EXCURSION

FREE

**A Good Day Out Carnival @ Gardens by the Bay**

10 Feb (Sat) @ 10am - 1pm

Transport to/from Simei included



## BAKING CLASS

27 Jan @ 10am - 11:30am

Making Butter Cupcakes



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