



Happier & Healthier Living

HEALTH TALKS & COURSES NOV/DEC 2018

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SATURDAY HEALTH TALKS 星期六健康讲座(入场免费)

MacPherson: 10.30am – 12pm FREE

1 Dec : 如何度过美好的晚年
by 洪孟珠博士



15 Dec : 照顾失智症患者之旅
by 林俊杰
正念心理学家, 百仁中心



22 Dec : 失智症知多少?
by 颜莉莉
关怀与辅导主管, 百仁中心



29 Dec : **Detection and Treatment of Eye Diseases**
by **Dr Augustinus Laude**
Ophthalmologist
Tan Tock Seng Hospital



Simei: 2pm – 3.30pm FREE

1 Dec : **Prostate Diseases – Symptoms and Treatment**
by **Dr Simon Chong**
Consultant Urologist



8 Dec : **Caring for People with Dementia**
by **Gan Lily**
Care and Counselling Manager
Brahm Centre



15 Dec : **Right Nutrition for the Brain and Body**
by **A/Prof Mabel Yap**
Ministry of Health



22 Dec : **Using Modern Medicine to Improve & Lengthen Your Life**
by **Dr Kenneth Tan**
Senior Consultant



MINDFULNESS @ BOTANIC GARDENS 正念练习@植物园

FREE - All are welcome
Dec 16 (Sun) @ 8am - 9.30am
Led by A/Prof Angie Chew



MINDFULNESS COURSES 正念课程

Learn the skills to reduce stress, be calmer, more present and improve your relationships

Mindfulness Foundation Course (4 sessions)

Novena: Nov 22, 29, Dec 6, 13 (Thur) 7pm - 9pm

Novena: Nov 30, Dec 7, 14, 21 (Fri) 3pm - 5pm

Novena: Jan 3, 10, 17, 24 (Thur) 7pm - 9pm

Simei: Jan 4, 11, 18, 25 (Fri) 3pm - 5pm

Novena: Jan 5, 12, 19, 26 (Sat) 2pm - 4pm

Novena: Jan 31, Feb 14, 21, 28 (Thur) 7pm - 9pm

Fee: \$160 | \$32 for Seniors *SkillsFuture credits can be applied*



正念基础课程 (中文讲解 - 4 堂课)

Novena: Nov 28, Dec 5, 12, 19 (Wed) 7pm - 9pm

Novena: Jan 5, 12, 19, 26 (Sat) 10.30am - 12.30pm

MacPherson: Jan 9, 16, 23, 30 (Wed) 3pm - 5pm

Simei: Feb 14, 21, 28, Mar 7 (Thur) 3pm - 5pm

Fee: \$160 | \$32 for Seniors *SkillsFuture credits can be applied*

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

Novena: Jan 8, 15, 22, 29, Feb 12, 19, 26, Mar 5 (Tue) 7pm - 9.30pm

Full Day Retreat: 17 Feb (Sun) 9.30am - 5pm

正念减压课程 (MBSR - 中文讲解 - 8 堂课 + 一日静观)

Novena: Jan 8, 15, 22, 29, Feb 12, 19, 26, Mar 5 (Tue), 3pm - 5.30pm

Full Day Retreat: 24 Feb (Sun) 9.30am - 5pm

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

Mindfulness-Based Therapy for Insomnia Course (8 sessions) + 1 full day retreat

Simei: Jan 17, 24, 31, Feb 14, 21, 28, Mar 7, 14 (Thur) 7pm - 9.30pm

Full Day Retreat: Mar 3 (Sun) 9.30am - 5pm

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

MBSR - One Day Workshop for mindfulness course graduates

Dec 2, Feb 17 (Sun) @ 9.30am - 5pm

Fee: \$120 | \$60 for Early Birds: Seniors: \$24

Mindfulness for Enhanced Performance (3 sessions) NEW

Novena: Jan 11, 18, 25 (Fri) 2pm - 6pm

Fee: \$250 | \$50 for Seniors *SkillsFuture credits can be applied*

MINDFULNESS FOR STUDENTS 学生正念学习

Mindfulness Camp - Calming on Demand

Students will learn mindfulness techniques and practices to cope with external pressure and stress

Simei: Dec 10, 11 (Mon & Tues) 9.30am - 12pm

Fee: \$50 - \$90 per student (11-15 years old)



Mindfulness Foundation Course for Students (11-15 yr old) & Parents

Novena: Jan 5, 12, 19, 26 (Sat) 2 - 4pm

MINDFULNESS CLUB 正念俱乐部

Join other Brahm Centre mindfulness graduates to practise and learn from each others' experience

Simei: Every Monday 10.30am - 12.30pm

Novena: Every Wednesday 10.30am - 12.30pm



Counselling Services & Pro Bono Legal Advisory by appointment

Registered Charity UEN No: 200200167M

Brahm Centre 百仁中心

Novena: 71 Irrawaddy Road Ren Ci Hospital #03-09 S(329562) – 5 min walk from Novena MRT | 6258 0831

Simei: Blk 227 Simei St 4 #01-50 S(520227) – 5 min walk from Simei MRT | 6786 0800

MacPherson: Blk 55 Pipit Road #01-01 S(370055) – 5 min walk from MacPherson MRT | 6741 1131

Enquiries: info@brahmcentre.com



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COURSES & ACTIVITIES NOV/DEC 2018

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CHRISTMAS MUSIC CAFE

Celebrate the season with food, dance and good company

**MacPherson: Dec 22 (Sat)
3pm – 6pm**

Fee: \$8 (Receive FREE gifts worth \$13)



MINDFULNESS @ BOTANIC GARDENS

正念练习@植物园

FREE - All are welcome

Dec 16 (Sun) @ 8am - 9.30am

Led by A/Prof Angie Chew



ART COURSES 美术课程

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

Watercolour Painting

Novena: Jan 7 – Mar 4 (Mon) (8 sessions)
1pm – 3pm

Simei: Jan 9 – Mar 6 (Wed) (8 sessions)
10am – 12pm

Pencil-Sketching (8 sessions)

Novena: Jan 7 – Mar 4 (Mon)
10am – 12pm

Simei: Jan 7 – Mar 4 (Mon)
10am – 12pm



EXCURSIONS 画展游览

Tour to National Gallery

Fee: \$5/pax. Two-way transport provided

Lim Cheng Hoe: Painting Singapore Exhibition

Simei: Dec 12 (Wed) @ 9.30am – 12.30pm

Wu Guanzhong: Expressions of Pen & Palette Exhibition

MacPherson: Dec 14 (Fri) @ 9.30am – 12.30pm



FESTIVE CARD WATERCOLOURING WORKSHOP 水彩卡片制作

Make your own festive card with watercolours

Simei: Dec 15 (Sat) 10am – 12pm

Fee: \$12 includes materials



HANDICRAFT COURSES 手工艺课程

Fee (includes materials): \$280 | Seniors: \$56 **NEW**

Fun with Paper Craft (8 sessions)

Simei: Jan 8 – Mar 5 (Tues)
10.30am – 12.30pm

Watercolour Art (8 sessions)

Simei: Jan 19 – Mar 23 (Sat)
10am – 12pm



THERAPEUTIC YOGA 瑜伽

Novena: Jan 5 - Mar 16 (Sat) 9am – 10.15am
Fee: \$110 (10 sessions)

Simei: Jan 8 - Mar 5 (Tue) 10.30am – 11.30am

Simei: Jan 9 - Mar 6 (Wed) 7.15pm – 8.30pm
Fee: \$72 (8 sessions)



DANCE THERAPY 舞道

MacPherson: Jan 10 - Feb 28

(Thur) 3pm - 4.30pm

Fee: \$64 (8 sessions)



LUNAR NEW YEAR FLORAL ARRANGEMENT 新年插花

Make a flower basket for the New Year

MacPherson: Jan 26 (Sat) 2pm - 4pm

Fee: \$15 includes materials



MAHJONG COURSE 麻将课程

Learn mahjong to sharpen your mind

Novena: Jan 8 – Mar 5 (Tue) 10am – 12pm

Simei: Jan 9 – Mar 6 (Wed) 3 – 5pm

MacPherson: Jan 11 – Mar 1 (Fri) 10.30am – 12.30pm



HAPPY POTLUCK CLUB 百乐联谊会 **FREE**

Join us for exercise and meet new friends. Enjoy activities and potluck lunch together

MacPherson: Every Tues 10.30am – 12.30pm

Simei: Every Thurs 10.30am – 12.30pm



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