

# OCT - NOV 2020 PROGRAMS



Happier & Healthier Living

**Brahm Centre @ Tampines** (Opening 7 Nov 2020)

Blk 473 Tampines Street 43, #01-94 Singapore 520473 | T: 6908 2122

**Brahm Centre @ Macpherson**

Blk 55 Pipit Road, #01-01 Singapore 370055 | T: 6741 1131

**Brahm Centre @ Simei**

Blk 227 Simei Street 4, #01-50 Singapore 520227 | T: 6786 0800

Register for ALL programs at: <http://brahmcentre.eventbrite.com>

Enquiries: [info@brahmcentre.com](mailto:info@brahmcentre.com)

Zoom Support: 9387 4293

Distress AssistLine: 6655 0000 | 8823 0000



## SATURDAY HEALTH TALKS

Live Via Zoom | Time: 3pm - 4.30pm



### MINDFULNESS AS TREATMENT FOR PSYCHIATRIC DISORDERS

**Dr Christopher Cheok**

Senior Consultant Forensic Psychiatry  
Institute of Mental Health

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### HOW TO LOOK YOUNG & FEEL YOUNG

**Dr Giam Yoke Chin**

National Skin Centre

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### FROM BEING A DOCTOR TO BEING A PATIENT

**Dr Christopher Cheng**

CEO Sengkang General Hospital

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### HIP PAIN, FRACTURES & REPLACEMENT

**Dr Siow Wei Ming**

Consultant, Department of Orthopaedic Surgery,  
Sengkang General Hospital & Associate Consultant,  
Singapore General Hospital

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### DEVELOPMENT OF MENTAL KINDNESS

**A/Prof Angie Chew**

CEO of Brahm Centre & Mindfulness Principal

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## WEEKLY EXERCISES TO STAY HEALTHY

Join us for an hour of light exercise and mental relaxation. Suitable for seniors.

**Music & Movement: Brahm Centre @ Tampines** from Nov 16

**Wellness Club- Mindful Exercise: Brahm Centre @ MacPherson & Simei**

**Physio Gym - Brahm Centre @ Tampines, MacPherson & Simei**

\$20/pax per month

## MINDFUL CAREGIVER NETWORK

A specially curated program for caregivers, occurring fortnightly over 6 sessions, that provide tools for self-care incorporating mindfulness, caregiving techniques and information on community support resources. Done in closed groups, attendees may share their experiences freely and support each other.



**Brahm Centre @ Tampines** starting Dec 3, 4pm - 6pm (English)

**Brahm Centre @ MacPherson** starting Nov 19, 7pm - 9pm (Chinese)

**Brahm Centre @ Simei** starting Nov 18, 10.30am - 12.30pm (English)

\$30/pax (Brahm Centre @ Tampines opening special) UP\$160

Complete all 6 sessions to receive \$10 NTUC supermarket voucher.

## MINDFULNESS @ SUNSET

Join us for 30-min free live mindfulness practice sessions online via Zoom

**Mondays, Wednesdays & Fridays 6:00pm - 6:30pm**

**Mon (English) by A/Prof Angie Chew**

**Wed (Chinese) by Lily Gan**

**Fri (English) by Eric Lim**

## AWARENESS & RESILIENCE FOR TEENS COURSE

Would you like your teenager to learn mindfulness so they can focus better and reduce their anxiety and stress?

**10-session .b** mindfulness course (twice a week)

for teenagers specially curated by the Mindfulness in Schools Project (UK).



**Trainer: Eric Lim, Mindfulness Psychologist**

**Nov 23 - Dec 24 Mondays & Thursdays | 4pm-5pm**

**Nov 24 - Dec 24 Tuesdays & Fridays\* | 11am-12pm**

\*Except Dec 25 Xmas Day

Online via Zoom

## MINDFULNESS COURSES

	Start Dates
Mindfulness Foundation Course	Nov 4, 28, Dec 2
正念基础课程	Nov 4, Dec 5
Mindfulness Intermediate Course	Nov 5
Mindfulness-Based Stress Reduction	Nov 25
Mindfulness-Based Cognitive Therapy	Nov 3

## MINDFULNESS ADVANCE COURSE

Date: Dec 6 - 10

Venue: Chui Huay Lin Club Ballroom  
190 Keng Lee Rd (nearest MRT station Newton)

Trainers: Dr Craig Hassed, Monash University  
Adj. A/Prof Angie Chew  
National University of Singapore &  
Mindfulness Principal at Brahm Centre

Sign up at <https://decretreat.eventbrite.sg>

Training in self-care & resilience with a focus on educators, parents, counsellors & trainers on sharing, guiding and teaching mindfulness.

