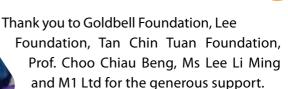
Opening of Brahm Centre @ Simei

Brahm Centre's 2nd centre located at Blk 227 Simei Street 4 was officially opened on 15th December 2017 by Dr Amy Khor, Senior Minister of State, Ministry of Health & Ministry of the Environment and Water Resources. Ms Jessica Tan, Member of Parliament for East Coast GRC was our special

guest. The event was attended by over 100 guests with media coverage.



From left, Mr Tan Geok Leng, Patron Prof. Choo Chiau Beng, Ms Chen Yew Nah, Dr Amy Khor, A/Prof Angie Chew, Ms Jessica Tan, Mr Patrick Goh



Dr Amy Khor recognizing the voluntary efforts of Brahm Centre's oldest volunteer, Ms Renee Chong, 90 years of age.

邻里支援中心 学习舒缓压

多养生的知识,包括如何有效

sph.com.sp 六旬主妇国处理家庭关系 力不从心,感觉压力重重,后 来到邻里的支援中心寻求著 助。掌握养生和舒缓精神压力 的方法。恢复乐观心态

已退休三年的蒋小慧 (65)感觉到上了年纪后, 身体机能越发减退。有时不受 控制的心浮气躔。她在住家 驾里的四美百仁中心(Brahm Centre @ Simei), 找到了解决 问题的办法。

在百仁中心每周六的免费 保健课程中,蒋小珠学习了很

减缓听力丧失和预防跟耳口疾 病。她还参加了正念课程。这 是一个帮助人跟解精神压力。 集注意力于当下的课程。参与 者可选择参加英语或中文课 程.

们一起冥想、调整呼吸、以使 我们忘却烦恼、心情变得平 15.

态变得更加平和、齿能更好的 或务部长许连锁今早受邀为中心 处理与别人的关系,享受生 主持开幕

活

正念的另一位受益者赛也 站: http://brahmcentre.com/

表示。课程很好的控制了他的集 "在课程中,讲师会带我 虑症,使他能快速的平复心绪。 之后, 集唐症再没复发过,

位于四美的百仁中心,为社 区居民提供保健教育和正念课 通过课程,她表示自己心 程,环境及水源部重卫生部高级

想了解更多,可登站百仁网

Chairperson of the Board, Ms Chen Yew Nah, receiving a hand-painted artwork from Yue Jia Xuan, a very talented young artist.



Brahm Centre @ Simei – Programs & Activities





Health Talk Audience



Health Talk



Visit to National Gallery



Excursion to Sun Yat Sen Mansion

Brahm Centre @ Simei – Programs & Activities





Dance Therapy





Happy Potluck Club's oldest couple





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