

FREE Public Lecture by 3 Distinguished Speakers on 11 Oct 08, Sat

"No Health without Mental Health"

How to love life in spite of stress

Mental health is crucial for us to live well and enjoy life. How do we keep our balance as we rush through the stresses of our everyday life? 3 distinguished speakers from *Institute of Mental Health (IMH)* and *Silver Ribbon* will share useful tips for improving your mental health and help those in distress.

So come, bring your friends and family and join us for a day of empowering knowledge.

You WILL benefit by learning how to LIVE and LOVE life in spite of stress.

Register early to avoid disappointment. Seats are limited!

PROGRAMME OUTLINE

- 8:30am Registration
9:00am **Trends on Mental Illness in Singapore**
Dr Alex Su, Head of Emergency Services, IMH
9:40am Tea Break
10:00am **Building Resilience**
Dr Matthew Woo, Principal Clinical Psychologist, IMH
10:30am **Mental Health First Aid**
Ms Porsche Poh, Executive Director, Silver Ribbon
11:00am Question & Answer Session
11:30am End / Woodbridge Museum Tour (optional)

Date: **Saturday, 11 Oct 2008**

Venue: **Institute of Mental Health**
Lecture Hall, Level 2
Buangkok Green Medical Park
10 Buangkok View
Singapore 539747

Open to **General Public**

Fee: No charge - **Includes free entry into Woodbridge Museum**, a historic site marked by the National Heritage Board in 2006.

HOW TO REGISTER

1. Complete the registration form below and fax to 6336 2583
2. Register online at www.apprc.com.sg

FOR MORE INFORMATION:

Visit www.apprc.com.sg

Or contact:

APPRC 2008 Secretariat
c/o CMA International Consultants Pte Ltd
Tel: (65) 6336 2328
E-mail: apprc@cma.sg

GETTING TO IMH:

Buses: 88, 43, 109, 101, 156, 159, 161, 325.

Nearest MRT: Buangkok (then change to Bus 43)

Registration Form – Complete and fax to: (65) 6336 2583

Name: Dr/ Mr / Mrs / Ms / Mdm _____

Contact No: _____ Fax: _____ Email: _____

No of pax to register for*: _____

*Confirmation will be sent after we receive your registration. Please bring along this slip for entry.

Organised by:



Loving Hearts, Beautiful Minds

In conjunction with:



Supported by:



Giving Hope. Improving Lives.