

SPEAKING UP for MENTAL HEALTH

DARK SIDE of the MOON **Understanding Mental Illness**

PROF KUA EE HOOK, Head, Department of Psychological Medicine, NUS



HOW to MANAGE YOUR STRESS **and live to a Ripe Old Age**

MR HENRY LIM, Past President, Gerontological Society



LIVING in FEAR **Understanding Anxiety and Phobia**

DR TERENCE LEONG, Registrar, NUHS



ENJOY SCHOOL - TIPS to OVERCOME EXAM FEAR

PROF GOH LEE GAN, Division of Family Medicine, NUHS



Venue : York Hotel
Time : 2.00 pm — 4.30 pm
Date : Saturday, 17 January 2009

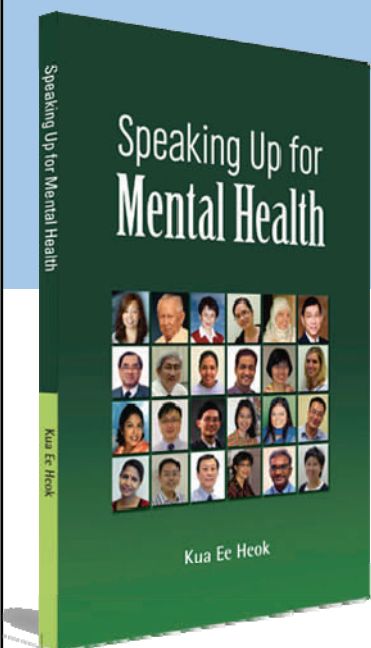
Registration fee: \$5.00 per person.

For registration, please call Ms Aminah at Tel: 6772 5519

BOOK LAUNCH

“An inspiring book on combating the stigma of mental illness.”

Emeritus Professor John Copeland
President, World Federation for Mental Health



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