

# CELEBRATING WELLNESS IN PARENTS AND BABY

Sunday, 8 February 2009, 10am – 2pm

KK Women's and Children's Hospital

Auditorium (Training Centre), Level 1, Women's Tower

## Topics

- Facing the Truth about Postnatal Depression
- Keeping Love's Flame Burning – with your Bundle of Joy
- Bonding with your Baby – the Massage Way
- Tips to Emotional Wellness
- Benefits of Exercise
- Personal Experiences – by Actress and Mother, Ms Karen Tan

## Panel of Experts for Public Forum

- **Dr Helen Chen, Head and Senior Consultant**  
Mental Wellness Service
- **Ms Jo Chen**  
Occupational Therapist
- **Dr Ong Wee Sian, Head and Consultant**  
Sports Medicine Service
- **Ms Frances Yeo**  
Principal Psychologist
- **Ms Karen Tan**  
Actress and Mother

Registration Fee:

**\$5 for Public Forum**  
**\$5 for any workshop**

Limited seats! Call 63942205 to register (Mon-Fri, 8.30am to 5.30pm)

**Registration closing date: 3 February 2009**

For more information, please log on to our website at [www.kkh.com.sg](http://www.kkh.com.sg)

## Concurrent Workshops

(Workshops are reserved for registrants of the public forum. Workshops 1 to 5 for women only)

### 1 Bonding Through Touch - Baby Massage Therapy

Ms Jo Chen  
Occupational Therapist

### 2 Breathe to a New You - Relaxation Therapy

Ms Lynn Soh & Ms Lim XinYi  
Psychologists

### 3 Burning the Blues Away - Exercise Therapy

Ms Susan Oh  
Exercise Specialist

### 4 Grooving Mums & Babes - Dance Therapy

Ms Sharmini Winslow  
Dance Specialist

### 5 Healing Through Art - Art Therapy

Mr Paul Lee  
Art Therapist

### 6 Men's Hour - Not Forgetting Fatherhood

Dr Choo Chih Huei  
Consultant Psychiatrist

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Working for a healthier world

Nominal Sponsor:

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*(Please detach this portion for registration)*

## Registration for Celebrating Wellness in Parents and Baby

### Applicant particulars

Name (Mr/Mrs/Mdm/Ms) : \_\_\_\_\_

Address : \_\_\_\_\_

Email : \_\_\_\_\_ (Fax) \_\_\_\_\_

Telephone: (H) \_\_\_\_\_ (O) \_\_\_\_\_ (HP) \_\_\_\_\_

I am attending the:

**Public Forum (\$5) - 10am to 12nn**

**Optional: Concurrent Workshops (\$5) - 1pm to 1.45pm**

(Workshops are reserved for registrants of the public forum. Workshops 1 to 5 for women only)

*(Please choose one)*

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\*\*I would like to pay by:

Cash / NETS at Patient Education Centre, Level 1, KKH  Cheque No: \_\_\_\_\_

(Crossed and made payable to: KK Women's and Children's Hospital Pte. Ltd.)

VISA  AMEX  MASTERCARD Credit Card No: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Amount paid \$ \_\_\_\_\_ No. of Participants: \_\_\_\_\_ Signature: \_\_\_\_\_ Receipt No.: \_\_\_\_\_  
(For official used only)

Please mail cheque and application form to:

Patient Education Centre, KK Women's & Children's Hospital  
100 Bukit Timah Road, Singapore 229899

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