

Health Is Wealth Conference 2014 (HIM 2014) – 13 November 2014

One day conference that covers topics towards achieving long, healthy, happy, and fulfilling lives. Jointly organized by the IEEE Singapore Section, IEEE Singapore Women in Engineering Affinity Group (IEEE SG WIE AG), and the Institute for Infocomm Research (I²R).

About the Theme

Health is wealth. Such is a simple sentence but its sense and meaning is so tremendous and deep. We live in a super-fast age. The Internet has shrunk the world dramatically and people are connected 24×7. Multitasking is the order of the day as we struggle to fulfill our responsibilities to everyone in our lives. The stress levels continue to build up until one day a major collapse may make us aware that in all this frenzied activity, we have forgotten to take care of one important thing - our health.

Good health is a boon. It is the real jewel of life. A good wealth of health can be achieved in a number of ways. It needs regular exercise, nutritious food, positive thinking and proper health knowledge. Therefore, we would like to highlight work-life balance, stress and anxiety management and leading healthy life style to working professional

Venue

Discovery Theatre, Level 4, Matrix, Biopolis,
30 Biopolis Street, Singapore 138671.

Programme Highlights

1. Talks
 - i. Managing Our Worries and Anger, by Mr Oliver Ackerman, Brahm Centre
 - ii. The Foundations of Happiness, by Ms Angie Chew Monksfield, Brahm Centre
 - iii. Office Ergonomics, by Tan Tock Seng Hospital
 - iv. Breast Cancer Awareness, by Ms Choo Lai Sim, Breast Cancer Foundation (BCF)
2. Sharing sessions
 - i. Breast Cancer Awareness, by a Breast Cancer Survivor, BCF
 - ii. Work and Wellbeing: Practical Tips to Work Smart and Stay Healthy, by Dr Lekha Chaisorn, Deputy Executive Director, Sensor-enhanced Social Media (SeSaMe) Centre, National University of Singapore
3. Introduction to Meditation, by Dr Vivy Suhendra, I²R SC Mindfulness Meditation SIG (M2SIG)
4. Introduction to Yoga, by Ms Sophie Chua, Yoga Instructor and Yoga Therapist

Registration

FREE. All IEEE members, I²R staff, and Friends/Partners of IEEE SG WIE AG are invited to attend. As seats are limited, please register at <https://meetings.vtools.ieee.org/m/29947> by 7 November 2014. For more info, please email: ieeesgwie@gmail.com

IEEE Membership Drive @ HIM 2014

For the first 20 new members who join IEEE during 30 Oct - 13 Nov 2014, you will be entitled to a free welcome gift. Please bring the printed copy of the membership registration confirmation email and approach any of the IEEE SG WIE EXCO members during the conference on 13 Nov 2014 to collect the welcome gift.

IEEE Member benefits:

- 1) Free Admission to Singapore Night Safari for IEEE member and up to 3 guests (Save S\$156 per visit)
- 2) Free Admission to Singapore Science Centre for IEEE member and up to 4 guests (Save S\$60 per visit)
- 3) Corporate-Rate Hotel Room Booking for Marina Bay Sands (MBS), Singapore
- 4) Park Avenue Rochester Hotel offers corporate rate for all IEEE members from 24 Jan 2014 to 31 Dec 2014
- 5) Details of the local benefits in Singapore can be found at http://www.ieeesingapore.org/home.php?action=members_benefits

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