

Health Is Wealth Conference 2014 (HIM 2014)

One day conference that covers topics towards achieving long, healthy, happy, and fulfilling lives.

13 November 2014

Matrix, Biopolis, Singapore

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 24x7. 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 professionals.

Programme Highlights

09:30-10:00	Opening Ceremony	Discovery Theatre (Level 4)
10:00-10:30	Invited Talk by IEEE Member "Work and Wellbeing: Practical Tips to Work Smart and Stay Healthy." -Dr Lekha Chaisorn, Deputy Executive Director, Senior Research Fellow Sensor-enhanced Social Media (SeSaMe) Centre, National University of Singapore	
10:30-11:30	Invited Talks by Brahm Centre "Managing Our Worries and Anger"- Mr Oliver Ackerman "The Foundations of Happiness" -Ms Angie Chew Monksfield	
11:45-12:20	Introduction to Meditation -Dr Vivvy Suhendra, I ² R SC Mindfulness Meditation SIG (M2SIG)	Codon (Level 5)
12:30-13:30	LUNCH	Foyer (Level 4)
13:30-14:30	Invited Talk & Sharing Session by Breast Cancer Foundation (BCF) "Breast Cancer Awareness" -Ms Choo Lai Sim, Senior Manager, Support & Volunteer, BCF	Discovery Theatre
14:45-15:45	Introduction to Yoga * - Ms Sophie Chua, Yoga Instructor and Yoga Therapist * Limited spaces. If interested, please put on comfy attire and bring own towel & yoga mat *	Codon
16:00-17:00	Workshop on Ergonomics (Talk cum Demonstration of Exercises) - Ms Ngo Xueting, Senior Physiotherapist, Tan Tock Seng Hospital	Discovery Theatre
17:00-17:30	Closing Ceremony	

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 10 November 2014.

For more updates and info, please visit WIE 2014 Activities and Events at

<http://www.ewh.ieee.org/r10/singapore/wie/Activities.html> or email: ieesgwie@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 the registration desk to collect the welcome gift. To join IEEE, please visit http://www.ieee.org/membership_services/membership/join/index.html

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