

From: NUHCS Communications (NUHS)
Sent: Wednesday, 15 March, 2017 2:17 PM
Subject: [National University Heart Centre, Singapore] Healthy Mummy, Healthy Family Symposium, 6 May 2017

This **Mother's Day**, join us at the Healthy Mummy, Healthy Family Symposium as we talk about **women and heart disease** and share some nutrition tips for the family. A special highlight is the Hearty Bento Workshop, conducted by **Singapore's top bento artist, Ms Shirley Wong aka Little Miss Bento**. The workshop is limited to 60 seats, so wait no further and click on the image to [purchase the tickets now!](#)

Brought to you by [Singapore Heart Foundation](#) & [National University Heart Centre, Singapore](#).



Healthy Mummy, Healthy Family

SYMPOSIUM

MAY 6 2017

SATURDAY

MARINA MANDARIN SINGAPORE,
TAURUS BALLROOM @ LEVEL 1

Guest of Honour

MDM HALIMAH YACOB

Speaker of Parliament
MP for the Marsiling - Yew Tee GRC

SYMPOSIUM ONLY

TIME: 10:30AM - 12:30PM

TICKET PRICING: \$18* PER PAX

- ATTRACTIVE GOODIE BAG WORTH \$50 (1 goodie bag/pax)
- BUFFET LUNCH
- LUCKY DRAW

WOMEN AND HEART DISEASE: ARE YOU AT RISK?

Heart disease and stroke combined, is the leading cause of death and disability in women. Thus, it is important to take prevention measures early by eliminating the risk factors. Hear more from the expert and get tips on leading a heart-healthy lifestyle.



DR GOH PING PING, CARDIOLOGIST

Official spokesperson for Go Red for Women and Medical Director of the Singapore Heart Foundation's Board of Directors

NUTRITION FOR THE HEART AND BENEFITS FOR THE FAMILY

What we eat can contribute significantly to our risk of developing chronic diseases, but a healthy and balanced diet can help us to lead a longer and healthier life. Let us start cultivating good eating habits in our young and adopt heart-healthy behaviours to protect our families.



MS VALERIE TEONG, DIETITIAN

Women's Heart Health Clinic
National University Heart Centre, Singapore (NUHCS)

SYMPOSIUM + BENTO MAKING WORKSHOP

TIME: 10:30AM - 3:00PM

TICKET PRICING: \$68* PER PAX

HEARTY BENTO WORKSHOP

Looking for creative ways to prepare a healthy meal for your family? Learn how you can create a healthy, wholesome and kawaii bento using simple yet nutritious ingredients, taught by the award-winning bento artist, Little Miss Bento.



**Ms Shirley Wong
AKA Little Miss Bento**

Top bento artist and blogger in Singapore

LIMITED SEATS AVAILABLE! GET YOUR TICKETS VIA SISTIC OUTLETS OR
ONLINE AT WWW.SISTIC.COM.SG/EVENTS/CHEALTH0517

*Ticket price excludes booking fee

FOR ENQUIRIES:

Ms Linda Wee 6354 9335 | Ms Charlotte Ong 6354 9369 | grfw@heart.org.sg

