

AGEING WELL:

WHAT'S IN YOUR HEALTH AND WELLNESS ARSENAL?



Saturday 11 March 2017
2.00pm to 4.30 pm
Lions Home for the Elders
9 Bishan Street 13
Singapore 579804



Please e-mail your name,
club and contact number to
dcmayong@gmail.com
or via Whatsapp to
96187278

RSVP by 8 February 2017



What are some recommended natural approaches to healthy ageing?
How can we best prepare ourselves to age well?
What role do health supplements play in maintaining good health and
how do we identify what we need?

Find out from our panelists:



Ms. Rosemary Chng



Ms. Rosemary Chng is a scientist with a keen interest in community healthcare and wellness. She has an MSc. in Botany from the National University of Singapore and worked for the International Board for Plant Genetic Resources for 7 years, where she trained as Singapore's first seed physiologist in plant genetic resources conservation.

Applying her knowledge of science to health and wellness, Ms. Rosemary founded Elixir Botanica in 2009 to make premium natural health products, from trusted sources, more available locally.



Dr. Shirley Mirpuri



Dr. Shirley is a licensed Naturopathic doctor regulated by the College of Naturopaths of Ontario, Canada. Her practice is at City Osteopathy & Physiotherapy in Guthrie House, Fifth Avenue.

Dr. Shirley uses clinical nutrition, botanical medicine, hydrotherapy and homeopathy to manage both acute and chronic conditions.

A graduate of the Canadian College of Naturopathic Medicine, Dr. Shirley has a passion for helping patients address the root causes of their concerns.