



# Corporate Wellness

PROGRAMME



## VENUE

IMU University  
(Formerly known as International Medical University)  
Bukit Jalil, Kuala Lumpur,  
Malaysia

## DATE

6 - 7 June 2024,  
Thursday - Friday

## TIME

8:30am - 5:30pm

In Collaboration With:





# Corporate Wellness Programme

Wellness and health are paramount for employees' wellbeing and productivity. "Wellness" scientifically means health or the freedom from disease. Wellness therefore, is not only absence from disease but also a much desired state of health!

In this era of suffocating stress, demanding deadlines, and crazy networking, is wellness a far-fetched dream? No, not entirely! Let the experts show you how you can do it!

IMU's Corporate Wellness Programme offers you a comprehensive and wholesome approach to wellness of both body and mind by specialists in their respective fields.

## PROGRAMME DELIVERY

The programme starts off with vital assessments and important blood tests. This will be followed by an interactive approach to stress and anger management, education on correct posture and ergonomic practices, critical evaluation of your current diet including a guide to good dietary habits and nutrition, dental health, simple workouts to stay energetic and fit, relaxation techniques, and counselling for better men's health and women's health.

Executives, managers, and team members alike will discover the transformative power of prioritising wellness for the collective success of the entire organisation. Improved focus, enhanced creativity, and strengthened team dynamics are just a few of the rewards awaiting those who embark on this journey!

## TARGET AUDIENCE

Corporate staff such as managers, executives, and professionals across all sectors.



## HIGHLIGHTS

- Vital assessments and basic blood tests.
- Interactive sessions with multidisciplinary specialists on:
  - Stress management
  - Spine care
  - Relaxation techniques
  - Good nutrition
  - Oral health and hygiene
  - Increased fitness and mobility
  - Men's health and women's health
- Consultation and counselling on test results.

## OBJECTIVES

- To promote the benefits of preventive health, holistic health, and wellness.
- To educate and enable individuals to:
  - employ self-relaxation therapies.
  - understand the effects of poor ergonomics on physical health.
  - understand the importance of healthy eating habits and good oral health.
  - identify common health issues experienced by men and women.

***Welcome to our Corporate Wellness:  
Where Peak Performance Meets  
Personal Flourishing.***



## Speakers

### Prof Chandramani Thuraisingham

Head of Department,  
Department of Family Medicine,  
IMU University

### Prof Teng Cheong Lieng

Professor,  
Department of Family Medicine,  
IMU University

### A/Prof Verna Lee

Associate Professor,  
Department of Family Medicine,  
IMU University

### A/Prof Stanley Chan

Associate Professor,  
Department of Family Medicine,  
IMU University

### Dr Darlina Hani

Senior Lecturer,  
Department of Psychology,  
IMU University

### Dr Melissa Kioh

Lecturer,  
Department of Chiropractic,  
IMU University

### Dr Bhavani A/P Veasuvalingam

Associate Professor,  
IMU Centre for Education,  
IMU University

### Prof Zhou Wenxin

Professor,  
Department of Chinese Medicine,  
IMU University

### Dr Megan Chong

Head of Division,  
Department of Nutrition & Dietetics,  
IMU University

### Dr Syed Sarosh Mahdi

Senior Lecturer,  
Department of Clinical Oral  
Health Sciences, IMU University

### Dr Nor Eeza Zainal Abidin

Senior Lecturer,  
Faculty of Sports and Exercise Science,  
Universiti Malaya

## Contact Us

SECRETARIAT

Tel: 03-2731 7669 / 7072 / 7331

Email: icl@imu.edu.my

## Registration Fee (inclusive of SST)

Introductory Fee ~~RM2,500/pax~~ **RM2,350/pax**

A group of at least 3 pax **RM2,150/pax**

## Itinerary

Time	Event
8.30am - 9.00am	Arrival and Registration
9.00am - 10.30am	A Prick in Time Saves 9 <ul style="list-style-type: none"><li>• Physical and Vital Sign Checks</li><li>• Blood Sample Collection</li></ul>
10.30am - 10.45am	Breakfast
10.45am - 11.00am	Welcoming Address
<b>Part 1: Combating Workplace Stress</b>	
11.00am - 12.45pm	Mental Health <ul style="list-style-type: none"><li>• Bend, Don't Break: Building Resilience</li><li>• The Myth of Work-Life Balance</li><li>• From Burnout to Breakthrough</li></ul> Dr Darlina Hani
12.45pm - 2.00pm	Break from Coffee
2.00pm - 3.30pm	Ergonomic <ul style="list-style-type: none"><li>• Choose Your Shoes</li><li>• Mousy Matters</li><li>• Save Your Spine</li></ul> Dr Melissa Kioh / Dr Bhavani a/p Veasuvalingam
3.30pm - 3.45pm	Tea Break
<b>Part 2: Come Relax with Me</b>	
3.45pm - 5.30pm	Old is Gold <ul style="list-style-type: none"><li>• Acupressure for General Health</li><li>• Relaxation Techniques (Traditional Chinese Medicine)</li></ul> Prof Zhou Wenxin
5.30pm	End of Day 1

## Day 2

<b>Part 3: Food and Oral Health</b>	
8.00am - 8.30am	Breakfast
8.30am - 9.30am	Nutrition for Health and Wellness Dr Megan Chong
9.30am - 10.30am	Pearls of Dentistry Dr Syed Sarosh Mahdi
10.30am - 10.45am	Tea Break
<b>Part 4: General Health</b>	
10.45am - 11.45am	Exercise and Workout Techniques Dr Nor Eeza Zainal Abidin
11.45am - 12.45pm	Men's Health and Lifestyle Associate Professor Dr Stanley Chan Women's Health and Lifestyle Associate Professor Dr Verna Lee
12.45pm - 1.30pm	Lunch
1.30pm - 3.30pm	Review of Blood Test Results/Consultation and Referral by: Professor Dr Chandramani Thuraisingham Professor Dr Teng Cheong Lieng Associate Professor Dr Stanley Chan Associate Professor Dr Verna Lee
3.30pm	End of Day 2

## REGISTRATION FORM

SURNAME / LAST NAME:

FIRST NAME:

NATIONALITY:

GENDER:  MALE  FEMALETITLE:  MR  MRS  MS  PROF  DR OTHER:

ORGANISATION:

 PUBLIC  PRIVATE

DEPARTMENT:

POSITION:

TEL NO: ( )

FAX NO: ( )

MOBILE PHONE NO:

ADDRESS:

POSTCODE:

CITY:

STATE:

Please indicate whether this is your office or home address:  ORGANISATION  HOME

EMAIL:

ORGANISATION'S WEBSITE (IF ANY):

ARE YOU AN IMU ALUMNI MEMBER?  YES  NODIETARY NEEDS/PREFERENCE:  VEGETARIAN  NON-VEGETARIAN

## REGISTRATION FEE

Introductory Fee:  RM2,350/paxA group of at least 3 pax:  RM2,150/pax

## MODE OF PAYMENT

PLEASE TICK YOUR OPTION:

 CASH CHEQUE\* (for Malaysian banks only) CREDIT CARD I hereby authorise the processing of my card for the sum of (RM):

Please complete the following sections. These details are required for security purposes.

TYPE OF CARD:  VISA  MASTERCARD ISSUING BANK:

CARDHOLDER'S NAME (as it appears on the card):

CARD NUMBER:               CARD EXPIRY DATE:   /   (MM/YY)CARD SECURITY CODE (3 digits found on reverse Visa / Mastercard)    BANK DRAFT\*

BANK OF ISSUE:

DATE:

TOTAL AMOUNT (RM):

\* Payable to IMU Education Sdn Bhd

 ONLINE\* ( www.imu.edu.my/icl through iPay88)

## CANCELLATION POLICY

- Any cancellation of registration must be made in writing to the Secretariat of Corporate Wellness Programme.
- There will be full refund of registration fee for cancellation made by 6 April 2024.
- There will be a 50% refund of registration fee for cancellation made before 6 May 2024.
- There will be a 30% refund of registration fee for cancellation made before 23 May 2024.
- There will be no refund of registration fee for cancellation made on 23 May 2024 and thereafter.
- The Organiser reserves the right to cancel or change the topic or trainer of the workshop, if for whatever reasons beyond its control, the workshop cannot be held as scheduled or the topics need to be altered.

## DECLARATION AND AUTHORISATION

- I confirm that the above information is correct and I will inform IMU when there is any change to this information.
- I have read, understood and consent to the processing of my personal data as set out in the enclosed Privacy Notice.

Signature

Date

## DISCLAIMER:

The organiser reserves the right to make such alterations to the programmes as circumstances dictate and will not accept responsibility for any errors, omissions or changes made to the speakers' information. The views and opinions expressed by the speakers at this workshop are not necessarily the views and opinions of the organiser.