

iWomen

informed intelligent inspiring

"I Women: Be informed, intelligent and inspiring",

the health forum organised by the Association of Women Doctors, Singapore aims to empower the modern, intelligent women so that they can make an informed choice about their health and lifestyles. The half-day forum brings together well-known women speakers from the health profession to focus on various aspects of women's health and wellness.

The four main sessions cover topics relating to the Healthy Body, Healthy Mind, Healthy Aging and Healthy "Self".

Highlights are:

Healthy Self: HPV & Cervical cancer! Can vaccines reduce your risk?

Healthy Body: Slimming centres, DIY or doctors? The truth about weight management.

Healthy Aging: Aging eyes. What can you do about it?

Healthy Mind: How to keep the "ups" in your life going?

Free health screening (includes spinal analysis, antioxidant levels and candida testing) from 1 to 3 pm

Yoga demonstration from Gaia Yoga

Walk away with an attractive goodie bag worth up to \$200! (while stocks last)

Registration is on site and on a first come first served basis.

So come early!

For enquiries, call Angeline at **6732 2068**.



VENUE

Meritus Mandarin,
Mandarin Court
C&D - Grand Tower
(Level 4)

DATE

24 February 2007,
Saturday

TIME

1 pm to 5pm
(1 to 3pm:
free screening tests
& registration)

Registration fee: \$10

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