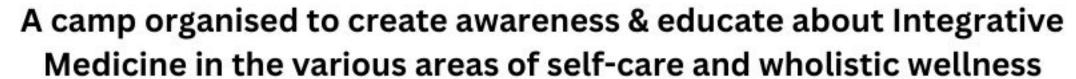


MANGALAM HEALTHY LIVING CAMP



(with Blood Donation Drive)







Time : 10 am - 3 pm

Venue: Pure Life Society,

Batu 6 Jalan Klang Lama,

Kuala Lumpur



To register, please scan the QR code or call 016-537 8642 / 012-291 0978

LIMITED TO 200 REGISTERED PARTICIPANTS



Programme

10.00 am: Registration opens

10.30 am: Official Opening Ceremony

11.50 am : 'Nature and Us'

12.00 pm: 'Energy & Sound Healing'

12.40 pm: Introduction to Traditional Medicine

12.45 pm: 'The Spice of Life: A Culinary Journey to Longevity'

1.00 pm: 'Kesihatan & Penjagaan Wanita & Kanak Kanak'

1.15 pm: Talk by Persatuan TCM Shi Kui

1.45 pm: Preventing Blindness

2.15 pm : Sharing by Cancer Survivor

2.30 pm: Talk on Self-Management





The common health scare topics will be on the foreground and addressed by the supporting Traditional & Complementary Medicine Practitioners focusing on women wellness & fertility, diabetic care, heart care, mental health, weight management, eye care.



The camp will be officiated by Dr. Dyanan Puvanandran

Secretary of Traditional and Complementary Medicine Council Traditional and Complementary Medicine Division Ministry of Health



Eye screening * Basic health check (BP, BMI and Cholesterol & Sugar Reading) * HPV & Breast Cancer Test * Energy & Sound Healing * Kinesiology * Iridology * Varma & Yoga Treatment * Malay Traditional Massage ('Bekam') * Vibration Therapy * Aromatherapy * Acupuncture * Tuina *



Organised by Women's Wing, Pure Life Society

with the support of Malaysia Holistic and Herbal Organisation (MHHO) together with Klinik Kesihatan Lembah Pantai, Iridology Practitioner Association Malaysia, Pertubuhan Perubatan Tradisional India Malaysia, Persatuan Pengamal Urut Terapeutik dan Penjagaan Melayu Malaysia, Persatuan TCM Shi Kui, Malaysia Yoga Wellness Association dan Malaysian Specialized Kinesiology Association



