

LIFE CONGRESS 2008

40 & Beyond: Ensure A Healthy, Active & Engaged Lifestyle

Come and learn tips on staying healthy, active and engaged in your daily lifestyle. In addition to expert advice, there will be free health screening, healthy cooking demonstration and attractive prizes to be won. So don't miss this informative event that will enrich you!

**Free Health Screening & Skin Analysis
+ Fun & Exciting Stage Activities
hosted by Irene Ang, CEO of Fly Entertainment**

DATE: 26 April 2008 (Sat)
TIME: 11.00am to 4.30pm
VENUE: Grand Plaza Park Hotel
Level 2, Coleman Street
(Nearest MRT station: City Hall)

From 11.00am to 1.30pm

11.00am Registration

11.15am Healthy Cooking Demonstration

12.00pm **The Feet:**
Foundation for A Healthy Lifestyle

12.30pm Heart Health Skit

1.00pm Mind Power Challenge

Registration at \$15/pax

Inclusive of an Ensure Life goodie bag worth \$150 and tea refreshments.

(Special rate of \$10/pax for PAssion Card & HOP members)



Hurry! Limited seats only!

Call 6277 6313 / 6277 6266 or register online at www.abbott.com.sg/family by 22 April 2008.

(Seat confirmation upon receipt of cheque or online payment by 22 April 2008)

Congress Program

1.40pm	Opening Speech by Guest-of-Honour
1.50pm	Eat Well, Live Well: Ensure Optimal Nutrition Ms Anna Jacob Nutritionist & Dietitian, NutriVentures Private Limited
2.15pm	Resistance Workout Session by Alexandra Hospital Physiotherapists
2.45pm	Tea Refreshments
3.10pm	Secrets To Living Longer - Yesterday, Today and Tomorrow Dr Ong Hean Yee Consultant Cardiologist, Department of Medicine, Alexandra Hospital
3.35pm	Life After Work: Healthy, Wealthy and Wise Mr Brian Goh Senior Vice President, BBA, CFP, CLU, ipac financial planning
4.00pm	Q&A Session
4.15pm	Lucky Draw

Yes, I would like to attend. I enclose a cheque of \$ _____ for 1/2 pax/s (please circle).

I have HOP Membership Card No.: _____ PAssion Card No.: _____

Name (as in NRIC): _____ NRIC No.: _____

Gender: _____ Date of Birth: _____

Address: _____ Postal Code: _____

Occupation: _____ Email: _____

Tel: (Home/Office) _____ (Handphone) _____

Please make cheque payable to: Abbott Laboratories (Singapore) Pte Ltd
Send in completed form and cheque (include name, telephone, NRIC on back of cheque) to:

Attn: Life Congress 2008

Abbott Laboratories (Singapore) Pte Ltd, 1 Maritime Square, #12-01 HarbourFront Centre, Singapore 099253

Terms & Conditions

- All payment is non-refundable.
- All payment must be received by 22 April 2008 for confirmation of seats.
- A photocopy of PAssion card or HOP membership card is to be sent together with form and cheque. The special rate will only be applicable with photocopy of membership card.
- Only light refreshments are provided. Lunch will not be served.
- By completing this form, I agree to all future contact from Abbott Laboratories.

Supporting partners:

Official card:

Organized by:

