

FREE 2-DAY SYMPOSIUM

Organizers



Department of Physiology
Yong Loo Lin School of Medicine

SYMPOSIUM **HYBRID EVENT**

OPTIMIZING HEALTH, WELLNESS AND HUMAN POTENTIAL

 **November 25 & 26, 2021 | 9am GMT+8**

 **Block MD11, CRC Auditorium,
National University of Singapore**



Hybrid Event (In-person & Virtual)

In the new normal, we are providing you the unique opportunity to
ATTEND IN-PERSON OR VIRTUALLY!

If you are in Singapore, we encourage you to join us in-person for this
engaging experience, where safe distancing measures will be in place to keep
everyone safe

Over the years, global life expectancy may have increased, but this has not always translated to living in good health even as we live longer. Excelling in an increasingly competitive and globalized society also hinges on one's ability to learn fast, be adaptable and perform to one's full potential. This raises the important question of how we can better prepare ourselves in the coming years?

Join us for this **2-day hybrid (in-person & virtual)** event to gain insights from our experts on how one's health, wellness and potential can be optimized over our life course, supported by the surrounding environment and the application of innovative technologies.

Objectives:

- Present current scientific evidence and the synergistic relationship of physical activity, nutrition, sleep and mental health
- Discuss nutritional, mental and health strategies in optimizing health, wellness and potential at different life stages
- Understand the role and impact of the environment on health, lifestyle and behavior
- Discuss the use of cutting-edge AI technology and innovations in translating health outcomes
- Share efforts to promote a healthy and active living agenda for the population

Registration Information

For individuals in Singapore who wish to attend IN-PERSON, kindly read the details below:

- In-person registration is on **first come-first serve basis**
- As we have **limited seats** for in-person attendees, please register early **before November 15, 2021, 12pm Singapore Time**
- After this date and time, only virtual attendee registrations will be accepted

Ensuring the health and well being of our attendees and staffs remain our top priority. The Safe Management Measures (SMMs) at the Workplace have been put in place to ensure that the event is conducted in a safe manner.

REGISTER AS IN-PERSON ATTENDEE

For individuals who wish to attend VIRTUALLY, kindly read the details below:

- Please register early **before the registration closes on November 24, 2021, 5.30pm Singapore Time**

REGISTER AS VIRTUAL ATTENDEE

Our Speakers



Dr. Hock Woon Chiang
Deputy Chief Executive
Officer, Sport Singapore



Assoc. Prof. Melody Ding
Associate Professor, School of
Public Health, University of
Sydney, Australia



Asst. Prof. Mary Chong
Assistant Professor, Saw Swee Hock
School of Public Health, National
University of Singapore



Prof. Michael Chia
Professor of Paediatric Exercise
Science, National Institute of
Education, Nanyang Technological
University, Singapore



Prof. Mark Hargreaves
Professor of Physiology,
University of Melbourne,
Australia



Assoc. Prof. Jason Lee
Deputy Director of the Human
Potential Translational Research
Programme, Yong Loo Lin School of
Medicine, National University of
Singapore



Assoc. Prof. Falk Mueller-Riemenschneider
Associate Professor, Saw Swee Hock
School of Public Health, National University
of Singapore



Prof. Dean Ho
Director of The N.I Institute
for Health, National
University of Singapore



Assoc. Prof. Reshma Merchant
Head and Senior Consultant,
Division of Geriatric Medicine,
National University Hospital,
Singapore



Prof. Philip Newsholme
Teaching and Research Professor,
Curtin Medical School,
Curtin University, Australia



Dr. Virginia delos Reyes
Head of the Section of Sleep
Medicine, Department of Pulmonary,
Critical Care and Sleep Medicine,
Lung Center of the Philippines



Assoc. Prof. Mythily Subramaniam
Lead Investigator of the Programme
of Mental Health Policy Studies,
Institute of Mental Health (IMH),
Singapore



Mr. Bryan Quek
Director of Community Outreach,
Health Promotion Board,
Singapore

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Please feel free to share this information with your colleagues, business associates,
partners, and friends.

Thank you and we look forward to welcoming you to our symposium!



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