



Draft Programme
Melaka Healthy Living Carnival 2013
“Eat, Think & Live Well”
8th December 2013
Kings Green Hotel, Melaka, Malaysia

9.30 a.m.

Free Testing Services include (Whole day event):

- Blood Pressure
- Body Mass Index
- Blood Sugar / Glucose Testing
- Cholesterol
- Fundus Examination
- Dental Screening
- Medical Advice
- Vision Testing
- Breast / Abdominal Examination
- Basic Health Screening
- Mobile Clinic
- Free Dental Examination
- Free Oral Screening
- Cervical & Breast Screening (Special Discount of RM 30.00)
- Discounted Dental Treatment

Counseling Session by National Cancer Society Malaysia

10.30 a.m. – 11.00 a.m.

Session 1 : Diet management for cancer patient

11.00 a.m. – 11.30 a.m.

Session 2: Diet management for hypertension patient

11.30 a.m. – 12.00 noon

Session 3: Diet management for diabetic patient

12.00 noon

Arrival of Guests

Opening Ceremony

Arrival of YB Senator Datuk Seri Mohd Ali Rustam
Chairman, World Youth Foundation

Arrival of Chief Guest
YB Datuk Seri Dr S. Subramaniam
Minister of Health, Ministry of Health Malaysia

Welcoming Address by
YB Senator Datuk Seri Mohd Ali Rustam
Chairman, World Youth Foundation

Opening Address by Chief Guest
YB Datuk Seri Dr S. Subramaniam
Minister of Health, Ministry of Health Malaysia

1.00 p.m. – 2.00 p.m. Lunch

Public Lecture:

2.00 p.m. – 2.45 p.m. Lecture 1: Stress Management
**Presenter: Dr. M. Swamenathan, Chairman,
Malaysian Medical Association Melaka Branch**

2.45 p.m. – 3.30 p.m. Lecture 2: Dangers of Smoking – Quit Now!!
**Presenter: Dr. Vijaya Rani Kasivisvanathan, Medical Officer,
Klinik Kesihatan Ujong Pasir, Melaka**

3.30 p.m. – 4.15 p.m. Lecture 3: Cancer Prevention, Healthy Lifestyle
**Presenter: Periandal Asha Subramaniam, Dietitian,
National Cancer Society Malaysia**

4.15 p.m. – 5.00 p.m. Lecture 4: Basic Life Support
**Presenter: Dr. Mohd Safiee Daud, Medical Officer,
Melaka Emergency and Traumatology Department**

End