

# OPEN HOUSE

17 and 24 January  
10am to 5pm



**Singapore's Premier Integrated Medical, Rehabilitation and Traditional Chinese Medicine Centre**

**Join us at our Open House 17 Jan (Sat) & 24 Jan (Sat), 10am-5pm**

Address: 106 Jervois Road, Singapore 249062

- ✓ Learn about **back, neck and joint pain management** from our musculoskeletal medicine expert
- ✓ **Physiotherapy Workshops:** Understanding body posture and exercises for your neck and back
- ✓ **Occupational Therapy Workshops:** Practical strategies to protect your joints, and move better in daily life
- ✓ Learn about the **science of longevity** and how to get more out of your health screenings
- ✓ **TCM Workshops:** Learn how TCM complements medical and rehabilitation services for pain management and holistic well-being
- ✓ **Complimentary Consultations** with our Doctors, Rehabilitation Therapists and TCM Physicians

**To Reserve your Seat and Complimentary Consultation\*,  
Call / WhatsApp 6671 9000.**

\*On a first-come-first-served basis

## Our Esteemed Speakers

**Dr Chiam Tut Fu,**  
Consultant Sports Medicine Physician, Specialist in Sports Medicine  
M.B.,B.S. (Singapore)  
Master of Sports Science (Sports Medicine)  
Master of Medicine in Occupational Medicine

**Ms Renee Ng,**  
Centre Manager,  
Head of Rehabilitation Services  
Bachelor of Science (Mgt)  
Master of Occupational Therapy  
Rehabilitation

**Mr Thomas Kuo,**  
Senior TCM Consultant  
Master of Medicine in Chinese Medicine, Nanjing University of Chinese Medicine



中华名医堂

**Dr Billy Hardie,**  
General Practice/ Family Medicine/ Longevity Medicine  
M.B.,B.S. (Singapore)  
Member, American Academy of Anti-Aging Medicine



**Ms Tan Ming Fong,**  
Principal Physiotherapist  
Master of Science in Advanced Physiotherapy: Cardiorespiratory  
Master of Health Science (Mgt)  
Bachelor of Physiotherapy

**Ms Junie Tay,**  
Senior TCM Physician  
Bachelor of Science (Hons) in Biomedical Sciences (NTU)  
Bachelor Medicine in Chinese Medicine (Beijing)

The event will also be supported by other TCM Physicians from Singapore Chung Hwa Premium Medical Hall.

## AM Session: Health Talks and Workshops on Pain Management & Health Screening

10.00am-10.30am	Management of Back, Neck and Joint Pains - Sharing by Dr Chiam Tut Fu, Consultant Sports Medicine Physician and Specialist in Sports Medicine Gain tips on managing common pains through medical treatments and physiotherapy.
10.30am-11.00am	The Key Essentials to Maximising Healthspan - Sharing by Dr Billy Hardie, General Practice/ Family Medicine/ Longevity Medicine Learn about Disease Prevention, Health Monitoring and get more out of your Health Screening.
11.00am-11.45am	<b>Workshop 1 - Physiotherapy: Introduction to Physiotherapy for Musculoskeletal Pain</b> 1. Physiotherapy Management of common Musculoskeletal pain 2. Understand Body Posture 3. Neck and Back Exercises
	<b>Workshop 2 - Traditional Chinese Medicine: Introduction to TCM services for Pain Management</b> Interactive Demos: See, learn and experience how TCM modalities, such as Acupuncture, Moxibustion, Cupping, Auriculotherapy and Herbal Steam Bath Therapy, can complement medical and rehabilitation services for Pain Management.
	<b>Workshop 3 - Occupational Therapy: Managing Pain in Daily Activities</b> Learn practical techniques to manage pain during daily activities using joint protection, pacing, and ergonomic principles.
11.00am-1.00pm	Consultation with Doctors, Rehabilitation Therapists and TCM Physicians (Pre-registration is required)

## PM Session: Health Talks and Workshops on Chronic Disease Management & Preventive Care

2.00pm - 2.30pm	Living and Exercising the Pain-free Way - Sharing by Dr Chiam Tut Fu, Consultant Sports Medicine Physician and Specialist in Sports Medicine Gain insights into preventing and managing pain while staying fit and active, with actionable tips and advice.
2.30pm - 3.00pm	Healthy Ageing: The Science of Longevity - Sharing by Dr Billy Hardie, General Practice/ Family Medicine/ Longevity Medicine Prevent illnesses such as diabetes, hypertension and gout through lifestyle changes, dietary management, exercise and nutritional supplementation.
3.00pm - 3.40pm	<b>Workshop 1 - Physiotherapy: Exercises for a Better You</b> Learn about different types of exercises and what best suits you, the benefits of regular exercises and self-monitoring for optimal health.
	<b>Workshop 2 - Traditional Chinese Medicine: Introduction to Health and Longevity</b> Interactive Demos: See, learn and experience TCM modalities, such as Acupuncture, Moxibustion, Cupping, Auriculotherapy and Herbal Steam Bath Therapy, for optimal health and well-being.
	<b>Workshop 3 - Occupational Therapy: Living Well with Neurological Conditions: Functional &amp; Cognitive Support</b> This practical session equips participants with task-based strategies that supports thinking skills and participation at home and in the community – promoting confidence and independence.
3.00pm - 5.00pm	Consultation with Doctors, Rehabilitation Therapists and TCM Physicians (Pre-registration is required)

## Embrace a Fuller Life with Eastern and Western Wellness Activities

Sign up for Eastern and Western Wellness Activities such as Strength-training and Mobility-focused Pilates, Yoga, Tai Chi and Baduanjin. Classes are conducted by renowned instructors and complemented by our physiotherapist's assessment of your physical condition or injury, alongside a review of your clinical history and personal goals. To enquire/ sign up, please Call/ WhatsApp **66719000**.

For more information, scan the QR code below.

