

How to plan for my Ramadhan menu?

Is fasting during Ramadhan a good way for me to loose weight?

What should I eat for Sahur and for break fast?

Come and get your questions answered!

Prince Court would like to invite you for a public health talk featuring our resident Dietician, Ms Tan Yen Sing, Lifestyle Modification Centre; to unveil tips on how one can sustain their energy and maintain healthy lifestyle during this Ramadhan.

There will also be a live cooking demonstration by our Chef and sharing of useful recipes to all participants.

5.30pm Registration

6.00pm Health Talk "Healthy Tips for Ramadhan"

6.30pm Live Cooking Demonstration

7.00pm Break Fast/ Dinner

**Prayer room is available for Muslim guests.*

Limited seats available.

For registration, please call:-

Wan Aznida Wan Azhar

Ameer Joshua

Tel: 03 - 2160 0115

Tel: 03 - 2160 0106

Closing date: Monday 8 September 2008

Food for Thought: Kekal Sihat di Ramadhan

FREE ADMISSION



Wednesday 10 September 2008

6.00pm

Prince Court Medical Centre,
Jalan Kia Peng, KL.

A community event by:



PUSAT PERUBATAN
PRINCE COURT
MEDICAL CENTRE