



Serving with Compassion

EMPOWERMENT WORKSHOP

Saturday, 7 March 2009

1st Floor, Piccolohotel, 101, Jalan Bukit Bintang 55100 Kuala Lumpur



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1st Floor Piccolohotel

101 Jalan Bukit Bintang

55100 Kuala Lumpur

Tel: 03-230 28000

(Bukit Bintang Monorail Station is 5 minutes away)

To Sign Up Please Call
PRIDE Foundation

Participants Fees:-

RM10.00 - breast cancer survivors / patients

RM20.00 - Non-cancer patients

Fees are to be paid on the day of the workshop.

Goody bags will be distributed to registered participants only.

Call PRIDE Foundation to sign up for :

Empowerment Workshop, Saturday, 7 March 2009

(Please call by **2 March 2009**)

Hurry! Limited Seats Only

Tel :+603 2144 9932 / 9952

Fax :+603 2145 2445

Hp : 017-667 6414

Email : info@pride.org.my

joanna@pride.org.my

- 9.30am Arrival of Participants, Registration and Morning Coffee
- 10.00am **Session 1 : Living With Cancer**
By Mr Paul Jambunathan
This session will provide participants with a guide on how to be stronger psychologically and emotionally, handling day-to-day issues and getting on with life in a positive-mind set.
- 12.30pm Lunch & Zohor Prayers
- 2.00pm **Session 2 : Healthy Living with Qigong**
By Dr Amir Farid Isahak
This session will explain the benefits of Qigong exercises as well as the methods of practicing it as a daily routine.
- 3.30pm **Session 3 : Importance of Follow-up Treatments** **By Dr Elaine Lim**
This session will explain the importance of follow-up checks after initial surgery and treatment.
- 4.30pm Tea
- 5.00pm Ends