



Family Support Group

In collaboration with Down Syndrome Association (Singapore) (DSA(S)),

M Liow Min Choo from SATA CommHealth will speak on

“LOVE YOUR BONES, Protect your Future ”

Date : Saturday, 21 October 2017

Time : 9.30am - 12.30pm (Registration at 9.15am)

Venue: **Studio 1, DSA Centre, 9 Bishan Place,**

Speaker's Profile:

Ms Liow is a Dietitian with 25 years clinical experience. She had a Bachelor of Home Science from the University of Otago, New Zealand, and a Postgraduate Diploma in Dietetics from Leeds Polytechnic in the UK. Past work experience includes, Adjunct Lecturer for Nutrition at Temasek Polytechnic and Singapore Polytechnic. Having worked in the National University Hospital, Mount Elizabeth Hospital, Camden Medical Centre and Parkway East Hospital, she is currently a Dietitian at SATA CommHealth, providing nutrition services for corporate nutrition & health education and clinical dietetic services at it's Medical Centres.

Synopsis of Talk:

The objective of the workshop is in conjunction with World Osteoporosis Day on 20 October to raise awareness of how important it is to look after our bones. Participants would be able to:

1. Identify the basic framework for the body and a strong skeleton is the foundation for a healthy life from childhood to elder years.
2. Identify the key nutrients and foods to keep bones healthy.
3. Food demonstration of high calcium foods for participants to view and understand the quantity required.

Participants will get an assessment of their osteoporosis risks.

Target Audience: Parents and children

Please **submit** your registration form to **Janet** at **email:**

janet@downsyndrome-singapore.org or **call** 6500 9304 for any queries.

DSA Members: Free; Non-DSA-Members: \$20.

Registration Form: (Please complete and return by the latest Thursday, 19 Oct 2017)

	Persons with Down syndrome	Parent/s, Siblings, Caregivers
Full Name (as stated in NRIC)		
Contact No.	NA	
Attending	NA	Yes
Email Address	NA	

(*) Please complete all fields.

Down Syndrome Association (Singapore) does not endorse or have any affiliation with the practitioner, treatment, or product, and bears no responsibility for the same.

Please note: Photographs will be taken by DSA at this event and may be used for internal purposes or published in DSA newsletters and Annual Reports.