

Sleep Well *Not Pill*

Date: 15 Feb 2020, Saturday
Time: 1pm to 3pm
Venue: DSA Centre, Studio 1,
Bishan Place, #09-01,
Junction 8 Office Tower,
Singapore 579837

Speaker Synopsis: Dr Lim Kok Kwang (Clinical Psychologist)

Mr Lim graduated with B.A. (Psychology) in 1989 by University of California at Berkeley, USA. He completed his Ph.D. (Clinical Psychology) in University of Massachusetts in 1995. He has more than 25 years of experiences practicing as psychologist. He has vast working experiences in Australia, Malaysia and Singapore. He is currently the Director of Professional Training, at Shan You Counselling Centre.

Synopsis of Talk:

Participant of this workshop would learn:

- Insomnia's dangerous impact on your body and mind
- 5 common signs of insomnia
- 2 basic causes of persistent sleep difficulties
- Outsmarting 8 mental traps that prevent good sleep
- 9 strategies for regaining natural sleep and energy within a week

Kindly register via Google link
<https://forms.gle/TAfCUF79fb6pv5z46>

Closing date for registration: 13 Feb 2020

Target age group: Parents, Caregivers and Adults

For more information, please contact our
Family Support Executive, Ms Janet at 65009304