



# Management Council 2020/2021 Installation Ceremony cum Webinar via ZOOM

Saturday, 31 October 2020, 12:30 pm to 4:30 pm

Venue: HUONE Singapore- Forest Room

3D River Valley Road, #03-01, Block D, Singapore 179023

## Programme

- SAAP Management Council 2020/2021 Installation Ceremony
- SAAP Loyalty Award Presentation
- SAAP New Members Inauguration
- Performance by Management Council 2020/2021
- Webinar 1 - *What do you know about Immunity & chronic diseases by Ada Lee, HealthWorks*
- Webinar 2 - *Caring for your Eyes in COVID 19 situation by Cleo Liu, My Eye Matters*
- Light Refreshments



## Registration

In-Attendance:

Member: \$45 / Non-member: \$55

(NB: In view of safe distancing measures, maximum capacity at 35 pax)

Virtual Attendance:

Member: \$15 / Non-member: \$20

PAYNOW to SAAP: UEN No.: S71SS0058A (screenshot your payment to Admin @ 90178917) or via internet banking

[Sign up NOW](#)



Closing Date for Registration : 26 October 2020



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### WHAT DO YOU KNOW ABOUT IMMUNITY & CHRONIC DISEASES?

What are the common chronic conditions in Singapore? Do you know what is Type 1 & 2 Diabetes, will you get it? Do you have Fatty Liver? What is Hepatitis A & B, and is it preventable? What does your immune system do, how is Covid 19 relating to it?



Join Ada Lee, to explore the uniqueness of your Immune System and how Chronic Disease is impacting your overall health and well-being.



ADA LEE  
FOUNDER &  
MANAGING DIRECTOR

#### WHO IS ADA?

Ada is the founder and managing director of HealthWorks, a veteran with 17 years of experience in laboratory, and health screenings services. Ada has conducted more than 500 hours of health talk sessions for both the public and private sector.



### CARING FOR YOUR EYES IN COVID-19

COVID-19 is increasing our visual demands and adding pressure to our eyes. How does prolonged exposure to digital screens harm our eyes? What can be done to protect ourselves and our children? Our experienced eye care professional, Cleo Liu, will share with you how to take care of your eyes through appropriate visual habits, eyewear protection, nutrition and exercises to relieve eye fatigue and avoid long-term damage.

Cleo Liu has more than 20 years of experience as an optometrist serving kids, elderly with eye diseases and adults in Tan Tock Seng Hospital, Chang Hospital and Adon Eye. Also a yoga instructor with a keen interest in TCM acupressure, she adopts a holistic approach towards health and general well-being.



MY EYE MATTERS  
THE WELL-GUARDED EYE

Complimentary vision screening on-site for limited number of attendees, subject to time constraints