



“MYJICA TOWARDS HEALTHY LIFESTYLE”

10 MARCH 2018 (SATURDAY)

VENUE :

Adamson Hotel Kuala Lumpur
No.79, Lorong Haji Hussein 2
Off Jalan Raja Muda Abdul Aziz
50300 KUALA LUMPUR

TENTATIVE PROGRAM

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|----------|---|--|
| 8.00 am | - | Registration of Participants |
| 8.30 am | - | <u>Talk 1 : Maintaining mental wellness</u> by
Dr. Nor Hayati Ali
Consultant Psychiatrist
Dept of Psychiatry & Mental Health
Hospital Selayang |
| 9.10 am | - | <u>Talk 2 : Lifestyle on Health Aspect</u> by
Mr. Mohd Hussain b. Hj. Mohd. Rashid
Psychologist
Institute Kemahiran Tinggi Belia Negara, Temerloh, Pahang |
| 9.50 am | - | <u>Talk 3 : Health Effects on Heavy Metal Exposure</u> by
Dr. Thahirahtul Asma' bt. Zakaria
Senior Principal Assistant Director
Environmental Health Unit
Disease Control Division
Ministry of Health |
| 10.30 am | - | Refreshment |
| | - | JICA Chief Representative visiting infobooth |
| 11.00 am | - | myJICA Annual General Meeting |
| 1.00 pm | - | Lunch |
| 2.00 pm | - | End of the program |