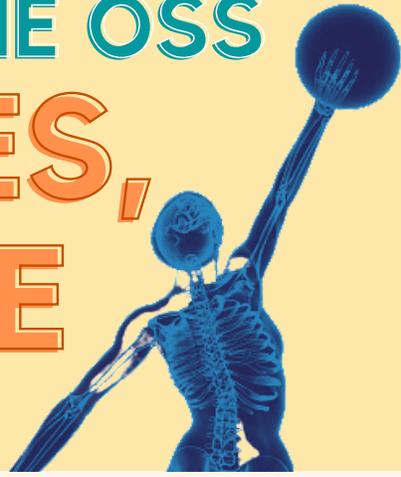


# JAZZY SUNDAY WITH THE OSS

# HEALTHY BONES, HEALTHY LIFE



REGISTER  
NOW

23 Jan 2022 2PM-3.30PM

Did you know that the cells in our bones are always active? They repair and maintain the structure and strength of the bones. Poor bone strength is dangerous and can lead to fractures.

## HOW CAN EXERCISE IMPROVE BONE HEALTH AND WHAT FOODS ARE GOOD FOR YOUR BONES?

### PROGRAMME

Let's talk about Osteoporosis - facts, myths and an overall view of its treatment  
*Dr Vivien Lim*

Tai Chi for All  
*Prof Lau Tang Ching*

Healthy Cooking  
*Ms Fong Poh Mun (Video Credit)*

Home Proofing for Falls  
*Ms Teo Sock Hong*

Let's Get Active Together  
*Ms Elizabeth Chan*

Question & Answer



**Prof Ang Seng Bin**

President  
Osteoporosis Society (Singapore)  
Head, Family Medicine Service  
Associate Program Director,  
SingHealth Family Medicine Residency  
SingHealth Duke-NUS Family Medicine  
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**Prof Lau Tang Ching**

Senior Consultant Rheumatologist  
Division of Rheumatology  
National University Health System (NUHS)  
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National University Health System (NUHS)  
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NUS Yong Loo Lin School of Medicine



**Dr Vivien Lim**

Specialist in Endocrinology  
President, Asean Federation of Endocrine Societies  
Executive Committee, International Society  
Endocrinology  
Executive Committee, Endocrine Metabolic Society  
Singapore  
Chairperson, ICE/AOCE/AFES 2022  
President Endocrine Metabolic Society Singapore  
(2016-2018)  
Vivien Lim Endocrinology Specialist Centre  
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**Ms Elizabeth Chan**

Senior Principal Physiotherapist  
KK Women's and Children's Hospital  
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**Ms Teo Sock Hong**

Senior Occupational Therapist,  
Rehabilitation  
National University Hospital

Organised by:



OSTEOPOROSIS SOCIETY  
(SINGAPORE)

