

# STOP OSTEOPOROSIS IN ITS TRACKS!

## The 14<sup>th</sup> SGH Osteoporosis and Bone Metabolism Unit Public Forum on Osteoporosis

A LIVE EVENT BROADCAST VIA ZOOM AND FACEBOOK  
16<sup>TH</sup> OCTOBER 2021 (SATURDAY), 2-3.50 PM



SCAN QR CODE OR CLICK HERE  
TO REGISTER

### Speakers:



**Dr Manju Chandran**  
Senior Consultant & Director, Osteoporosis & Bone Metabolism Unit  
Department of Endocrinology, SGH



**Dr Ann Kwee**  
Associate Consultant  
Department of Endocrinology, SGH



**Dr Sarah Tan**  
Senior Resident  
Department of Endocrinology, SGH



**Dr Cindy Ng**  
Senior Principal Physiotherapist  
Department of Physiotherapy, SGH



**Ms Huang Xiaofeng**  
Speciality Nursing  
Osteoporosis and Bone Metabolism Unit, SGH



**Ms Liu Xiaoming**  
Speciality Nursing  
Osteoporosis and Bone Metabolism Unit, SGH



**Ms Abha Bajaj**  
Senior Yoga Therapist & Meditation Master  
Mind Body Symphony Yoga



**Ms Sneha Yadav**  
Owner  
Dancing Feet Dance Studio

### Programme:

Timing	Topic	Speaker
2:00 - 2:05 pm	Welcome & Introduction	Dr Ann Kwee
2:05 - 2:25 pm	Sticks and Stones Might Break Your Bones - But Most Likely It Is Osteoporosis	Dr Manju Chandran
2:25 - 2:45 pm	Buff Them Bones - An Exercise Prescription for Strengthening Your Bones	Dr Cindy Ng
2:45 - 3:05 pm	Destress Your Mind without Stressing Your Bones - Safe Yoga for People with Osteoporosis	Ms Abha Bajaj
3:05 - 3:20 pm	Giving a Voice to the Silent Disease - Sharing My Journey in Osteoporosis with the World	Mrs Lohambal Rajakrishnan, interviewed by Dr Sarah Tan
3:20 - 3:40 pm	Dancing Your Way to Healthy Bones	Ms Sneha Yadav
3:40 - 3:50 pm	Q &A and Wrap Up	Ms Huang Xiaofeng & Ms Liu Xiaoming

\*For enquiries, please contact us at:  
pls@sgh.com.sg or (+65) 6326 5628

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