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MHAS
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in collaboration with

CMA
Commonwealth Medical Association

3RD ASEAN Conference on Healthy Ageing 2024

30th July - 1st August 2024

The Wembley - A St Giles Hotel Penang, Malaysia

To be officiated and keynote address by
YB Datuk Seri Dr. Dzulkefly Ahmad
Minister of Health, Malaysia

**for MMA, MPS & Allied Health Professionals members*

CONTINUOUS PROFESSIONAL DEVELOPMENT • 20 Points

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Ageing Successfully - Equitably, Actively and Naturally

Supported by

A CONTRIBUTION TO THE DECADE OF HEALTHY AGEING

MESSAGE FROM THE CHAIRPERSONS

On behalf of the organising committee, it is a pleasure to welcome our esteemed speakers, delegates, partners and colleagues to the 3rd ASEAN Conference of Healthy Ageing (ACHA) 2024 themed ***"Ageing Successfully - Equitably, Actively and Naturally"***. Despite our many threats, the region has shown remarkable growth and achievement over the last decade. None have shown greater resilience than our ageing population. This conference offers a unique opportunity for ageing experts, all healthcare professionals from various multidiscipline and all people interested in healthy ageing to present their latest work, meet, discuss and network with colleagues from the region and abroad to share the best practices and know-how for the betterment of healthy ageing and the older population in the region.

MHAS first launched the first ACHA in collaboration with the Sarawak Convention Bureau, themed 'Ageing Challenges, Successes and The Journey Ahead' as a platform for stakeholders in the region to discuss the way forward in managing the issues and challenges of its rapidly ageing populations. Indonesia took up the healthy ageing baton to Bali in 2019 and following the pandemic, MHAS has re-energised the conference to begin again in the 'Pearl of the Orient', namely Penang, Malaysia.

Much awaits us in Penang. The organisers have designed a scientific programme that reflects various goals and initiatives as set out by the United Nation's Decade of Healthy Ageing agenda. Aside from the plenary sessions, we look forward to your participation in the pre-conference workshops and three days of lectures, forums, symposiums, as well as interactive sessions that will cover a broad spectrum of issues in ageing such as healthcare, social participation, community, employability, housing, finance and environmental issues among others. These will be led by an impressive line-up of invited ASEAN, international and local speakers and panellists that will encourage stimulating and rewarding discussions and networking among delegates.

The timing of this conference could not be better as it will be held during the last week of the annual 'Georgetown Festival' where the Penang island state and its people pull out all the stops to celebrate its diverse and multi-cultural heritage. At this event, the Penang state Government will launch its age-friendly city initiatives in its efforts in applying to the World Health Organisation to become an age-friendly city. This is very much in line with its existing Penang Vision 2030 where 'active ageing' is a key component in transforming into a smart, green and livable city. We hope that you could be a part of this pivotal moment so do plan to come early so that you may enjoy the festivities leading up to the conference.

We look forward to your support and value your presence at this exciting conference.

ORGANIZING CHAIRPERSON & PRESIDENT
Prof. Dr. Shahrul Bahyah Kamaruzzaman

ORGANIZING CO-CHAIRPERSON
Assoc. Prof. Dr. Prem Kumar Chandrasekaran

Foreword

MESSAGE FROM THE SCIENTIFIC CHAIRPERSONS

Dear Colleagues, Friends and Healthy Ageing Advocates,

Welcome to the ASEAN Healthy Ageing Conference! The theme of our conference this year - ***"Ageing Successfully - Equitably, Actively and Naturally"*** is indeed very apt after a 3 year-hibernation due to the COVID-19 pandemic to set in motion the United Nations' (UN) Decade of Healthy Ageing (2021-2030) agenda, a global collaboration bringing together all stake holders for 10 years of catalytic and collaborative action to foster longer and healthier lives. A fundamental change in approaches to ageing is needed as we embrace successful ageing. The paradigm needs to be shifted from a treatment-focused model to a more integrated and preventive care model.

In line with the key domains in the iCOPE (Integrated Care for Older People) framework outlined by World Health Organisation, we have lined up an interesting and varied scientific programme which would cover the depth and breadth in the prevention and management of decline in intrinsic capacity as the population ages and importance of cross specialty multidisciplinary teams working together to improve healthcare for older people. Novel topics and hands-on sessions have also been integrated to enhance learning opportunities.

We hope the programme carved here will give each and every one an opportunity to learn to add life to years in our aging population. The 3-days program promises to change how we think, feel and act towards ageing, cultivating age-friendly environments, creating responsive healthcare systems and providing long term care and support essential to living with dignity.

We hope through this ASEAN Healthy Ageing Conference, medical professionals will continue to learn, enhance and enrich their knowledges which will translate to better and improved care for our older persons. The programs have been arranged to cater different expectations and aspirations of the delegates. Symposiums focusing on special population, lessons from the pandemic, digital health, lifestyle interventions as well as many other interesting sessions are carefully crafted to maximize learning opportunities. With an excellent line up of international and local speakers, we strongly believe that there is something in store for everyone attending this conference.

Lastly, let's make every year count for you and for me, not just by the numbers but by how we live in between.

SCIENTIFIC CHAIRPERSON
Dr. Wong Teck Wee

SCIENTIFIC CO-CHAIRPERSON
Dr. Kejal Hasmukharay

Organizing Committee

ADVISORS

(MHAS) Professor Nathan Vytialingam

Dr. Muruga Raj A/L Rajathurai **(CMA)**

ORGANIZING CHAIRPERSON
Prof. Dr. Shahrul Bahyah Kamaruzzaman

SCIENTIFIC CHAIRPERSON
Dr. Wong Teck Wee

TREASURER
Datin Ranuga Devy M. Packirisamy
Ms. Rejina Maniam

MARKETING & PROMOTION
Mr. Darren Atkinson

COMMITTEE MEMBERS (PENANG)
Dato' Gulab Mahatam Rai
Dr. Alan Ch'ng
Dr. Keng Jun Ni
Mr. Mohammad Munzir Khairudin
Ms. Ooi Siew Chen
Ms. Michelle Anne Richards

COMMITTEE MEMBERS (MMA PENANG)
Dr. Prabhu Ramasamy
Dato' Dr. Parmjit Singh
Dr. Divagar Varatha Raju

ORGANIZING CO-CHAIRPERSON
Assoc. Prof. Dr. Prem Kumar Chandrasekaran

SCIENTIFIC CO-CHAIRPERSON
Dr. Kejal Hasmukharay

SPONSORSHIP
Datuk Dr. N. Ganabaskaran
Dr. Dhashani Sivaratnam
Mr. Len Min Sin
Ms. Norlin Ghazali

SECRETARIAT
Dr. Sangeeta Kaur
Mr. Ali Faris Rizal
Ms. Dharshini Navanethan
Ms. Anirah Aina Mustapha Kamel
Ms. Batrishia Nor Hashim

COMMITTEE MEMBERS
Prof. Dr. Tan Maw Pin
Dr. Sivaneswaran Poobalasingam
Dr. Shane Varman A/L Pannir Selvam
Ms. Joyce Leong
Mr. Thillainathan Krishnan

Emerging Topics

HEALTH, WELLNESS & VITALITY (iCOPE)

The Healthy Ageing Agenda
Healthy Ageing - The Way Forward; Lessons from ASEAN
Assessing the Multi-Morbidity in the Diabetic Older Persons
Mapping the New Paradigm in Heart Failure Management
Cardiac Rehabilitation - How it can Heal your Heart Beyond Medications
In and Out - Have you Been Doing it Right?
The Snores that just wont Snooze!
Smoking and Vaping - Cool but not that Cool
Post COVID Syndrome - Beyond the Heart and Lungs
The Pandora Box - Should We or Shouldn't We
Advances in Treatment of Cancers
Cancer Screening: What does this mean?
Diets and Cancers - Does Sugar Feed the Tumour Cells
Cancers and You
Facing the Big C in the Later Years
From Fragile to Resilient: Navigating Osteoporosis with Confidence
Cracking the Code for Bone Health: Osteoporosis Unveiled
Flex, Strengthen, Thrive: Your Roadmap to Bone and Muscle Health
Maintaining Active Mobility in Golden Years
Living Well with Creaky Joints
Fueling Joint Health: Lifestyle Strategies for a Pain-Free Tomorrow
Sleeping like a Baby, Ageing like a Pro: Senior Sleep Strategies
Unlocking Minds: The Quest to Detect Mild Cognitive Impairment before it Fades
The Lullaby Effect: How Music can Transform your Sleep
Superbugs and Super Seniors: A Battle of Resilience
Dementia-Inclusive Visual Communication
Oral Health and Overall Well-Being: The Link for Older Adults
The Impact of Nutrition on Oral Health in Older Persons
Fading or Flourishing? Understanding Physical, Oral and Social Frailty
Battling the Muscle Thief: Sarcopenia Demystified
Passion Beyond Years: Rediscovering Love and Intimacy in Later Life
From Leaks to Liberation: Managing Incontinence with Confidence
Ageless Beauty: Embracing Natural Aging vs Enhancing Aesthetics
Futuristic Medicine - Moving Forward with Precision Medicine
Celebrating Resilience
Sight in the Golden Years: Challenges and Solutions
Hearing: The Symphony of Ageing Senses
Addressing the Needs of Ageing Persons with HIV

MENTAL WELL-BEING

Mood Matters: Craking the Code of Emotional Health in Older Adults
Sleep S.O.S.: When to Call in the Psychiatry Dream Team
Mind, Memory and Legacy: Unraveling the Secrets of Testamentary Capacity
Journey's End: Navigating Compassionate Care for Advanced Dementia
Elder's Unfinished Business: Deciphering Unsettled Wills
Celebrating a Lifetime of Healing: A Tribute to Prof. Philip George
Harnessing the Mind's Power: The Role of Hypnosis in Enhancing Care for Seniors
Awaken your Senses: The Art of Mindfulness
Beyond the Silence: Understanding and Addressing Loneliness and Social Isolation
Scrolling to Serenity: Balancing Social Media and Senior Mental Health

EMPOWERMENT

Mind Matters: Empowering Interventions for Enhancing Cognitive Well-Being
Nurturing Prosperity in Retirement: Strategies for Older Malaysians
Investing for your Golden Years and Unmasking the Secrets to Keeping Seniors Safe from Scams

SOCIO-COMMUNITY

Healing Hands, Aeging Hearts: The Retirement Age Riddle
Age vs Wage: Lighting Talks on the Economics of Retirement
Reclaiming Independence: The Transformative Power of Stroke Rehabilitation
Revoltionizing Recovery: How Gerontechnology is Redefining Stroke Rehabilitation
Economaging
Policies and Designs for Healthy Ageing
Intelligence-Based Precision Healthy Ageing
App-timize the Care for Older Persons through iCOPE
Policies and Designs for Healthy Ageing
A Transdisciplinary Research Approach to Addressing Complex Issues Faced by Older Persons
Age Amplified: The Transformative Power of Research in Older Persons
Optimising Healthy Ageing: Facilitating Social Engagement
Cities for All Ages: Crafting an Aged-Friendly Future
Age-Forward Urban Planning of a Age-Friendly City
Ageing in Place 101: Strategies for a Fulfilling and Independent Life
Creating your Ideal Ageing-in-Place Environment
Ageing as a Mindset - Time to Reset
Breaking Down Ageism: Removing Barriers to Healthy Ageing
Caring for Caregivers
Furry Companions: The Ageless Allure of Pets in the Lives of Seniors
Ageless Elegance: The Art of Nursing Care for Seniors
Culinary Seduction: The Irresistible Charms of Edible Garden for Seniors

COMPLEMENTARY MEDICINE

Unlocking Longetivity with Complementary Medicine
Mind and Body Harmony: The Role of Meditation and Yoga in Complementary Medicine
The Art of Energy Healing: Reiki, Qigong and Beyond

*Subject to change

Call For Papers

1st June 2023 - 15th April 2024

Submit your entry via
healthyageing.org/acha2024/

BEST ORAL & POSTER PRESENTATION

Awards will be presented to the lucky winners

Should you have any inquiries, contact us at
+60 12 364 6109 or **mhas.acha@gmail.com**

List of Faculty

International Speakers

Professor Tri Budi Rahardjo (Indonesia)
Professor in Gerontology
Universitas Respati Indonesia

Prof. Dr. Liang-Kung Chen (Taiwan)
Director, Centre of Geriatrics and Gerontology
Taipei Veterans General Hospital

Ms. Samantha Shann (United Kingdom)
President
World Federation of Occupational Therapists
Universitas Indonesia

Assoc. Prof. Dr. Ravindran Kanesvaran (Singapore)
Consultant of Medical Oncology
National Cancer Centre Singapore

Prof. Dr. Shelley Ann De La Vega (Philippines)
Professor of Medicine
University of Philippines

Assoc. Prof. Dr. David Barron (Scotland)
Associate Professor in Psyschology
Herriot-Watt University

Dr. Suka Aryana (Indonesia)
Geriatric Division of Internal Medicine Department
Udayana University

Dr. Anupama Roy Chowdhury (Singapore)
Head and Senior Consultant of Geriatric Medicine
Singapore General Hospital

Dr. Moushmi Biswas (United Kingdom)
Consultant Physician in Diabetes & Endocrinology
Royal Gwent Hospital

Dr. Mohd Khaliq Hamdan (United Kingdom)
Consultant Physician in Diabetes & Endocrinology
Nevill Hall Hospital

Dr. Michael McNamara (France)
Founder, Medical Director
Dr. McNamara Premium Healthcare

Assoc. Prof. Dr. Waranuch Pitiphat (Thailand)
Former Dean
Khon Kaen University

Assoc. Prof. Wong Mun Loke (Singapore)
Associate Provost (Integrated Education)& Vice Dean (Education)
National University of Singapore Health System

Prof. M F Lindawati Kusdhany (Indonesia)
Former Dean
Universitas Indonesia

Prof. Renuka Visvanathan (Australia)
Adelaide Medical School
Faculty of Health and Medical Sciences
The University of Adelaide

Prof. Helen Herrman (Australia)
Professor Emeritus of Psychiatry
University of Melbourne

Prof. Dr. Valliappan Raju (India)
Director of Research
Perdana University

Prof. Dr. Karen Morgan (Ireland)
President
RCSI & UCD Malaysia Campus

Assoc. Prof. Dr. Peter Norrie (Australia)
Chief Psychiatrist
Australian Capital Territory

Assoc. Prof. Dr. Raghu Varadarajan (Ireland)
Dean
Perdana University - Royal College of Surgeons in Ireland

Assoc. Prof. Dr. Syriac Nellikunnel
Dean, Faculty of Business
Perdana University

Dr. Vaikunthan Rajaratnam (Singapore)
Senior Consultant Hand and Reconstructive Microsurgery
Khoo Teck Puat Hospital

Dr. Hitendra K. Doshi (Singapore)
Specialist Orthopaedics & Trauma Surgeon
HK Doshi Orthopaedics Center

Dr. Norana Abdul Rahman (United Kingdom)
External PhD Candidate, Faculty of Science
Athena Institute

Mr. Nandadeva Perera (Sri Lanka)
Life Coach and Spiritual Instructor

Dr. Khor Swee Kheng (Hong Kong)
Chief Executive Officer
Angsana Health

Dr. Chloe Meng Jiang (Hong Kong)
Clinical Assistant Professor in Applied Oral Sciences & Community Dental Care
The University of Hong Kong

Dr. Gabriel Lee Keng Yan (Singapore)
Lecturer, National University of Singapore
Dental Surgeon National University Centre for Oral Health Singapore

Dr. Jakir Masud (Bangladesh)
Chairman, Public Health Informatics Foundation (PHIF)
Technical Advisory Member of Healthy Ageing, World Health Organization

Subject to change

List of Faculty

Malaysian Speakers

YB Jagdeep Singh Deo A/L Karpal Singh
Deputy Chief Minister II
Penang State Government

Dato' Seri Dr. Thamboo Pragasam Devaraj
Chairman
Penang Hospice Society

Datuk Dr. N. Ganabaskaran
Past President
Malaysian Medical Association

Dato' Prof. Dr. Abdul Rashid Khan Bin Md Jagar Din
Dean
RCSI & UCD Malaysia Campus

Datin Ranuga Devy M. Packirisamy
Advocate & Solicitor
Ranuga & Associates

Assoc. Prof. Dr. Prem Kumar
Consultant Neuropsychiatrist
Penang Adventist Hospital

Dr. Muruga Raj A/L Rajathurai
President
Commonwealth Medical Association

Dr. Sivaneswaran Poobalasingam
Founder and President
Malaysian Society of Lifestyle President

Dr. Sivabala Selvaratnam
Obstetrician & Gynaecologist
Seberang Jaya Hospital

Dr. Wong Teck Wee
Consultant Interventional Cardiologist
iHEAL Medical Centre

Dr. Alan Ch'ng
Consultant Geriatrician
Seberang Jaya Hospital

Dr. Lim Poh Hin
Consultant Neurologist
KPJ Ampang Puteri

Dr. Yap Lok Huei
Plastic & Reconstructive Surgeon
Prince Court Medical Centre

Dr. Irene Looi
Consultant Neurologist
Seberang Jaya Hospital

Dr. Sangeeta Kaur
Secretary
Malaysian Healthy Ageing Society

Ms. Sheila Menon
Principal & Director
London College of Clinical Hypnosis Asia

Mr. Thillainathan Krishnan
Senior Occupational Therapist
Ministry of Health Malaysia

Dr. Cecilia Chan
Gerontologist, Dementia Advocate & Activist
Bagan Specialist Centre

Mr.Matthew Teo Yong Chang
Senior Lecturer,
Manipal University College

Prof. Dr. Shahrul Bahyah Kamaruzzaman
Professor of Geriatric Medicine
Faculty of Medicine
Universiti Malaya

Professor Nathan Vytialingam
Dean, School of Occupational Therapy
Perdana University

Prof. Dr. Sasheela Sri La Ponampalavanar
Professor in Infectious Disease
University of Malaya

Prof. Dr. Tan Maw Pin
Professor of Geriatric Medicine
Faculty of Medicine
Universiti Malaya

Prof. Dr. Julia Patrick Engkasan
Professor in Rehabilitation Medicine
University of Malaya

Prof. Dr. Vickneswaran Mathaneswaran
Professor of Neurosurgery
Universiti Malaya

Prof. Dr. Premnath Nagalingam
Director, Surgical Training & Research
RCSI & UCD Malaysia Campus

Prof. Dr. Khatijah Lim Abdullah
Head of Department, Nursing
Sunway University

Assoc. Prof. Dr. Sethu Thakachy Subha
Otorhinolaryngology, Head & Neck Surgery Consultant
Hospital Sultan Abdul Aziz Shah & Universiti Putra Malaysia

Assoc. Prof. Dr. Reena Rajasuriar
Centre of Excellence for Research In AIDS
University of Malaya

Dr. Shane Varman
Consultant Psychiatrist
International Medical University

Dr. Leela Koran
Senior Lecturer in Languages and Linguistics
Universiti Malaya

Dr. Kejal Hasmukharay
Consultant Physician and Geriatrician
Universiti Malaya

Dr. Shazlin Amir Hamzah
Research Fellow, National Institute of Ethnic Studies
National University of Malaysia

Dr. Anne Jamaludin
Senior Lecturer in Epidemiology and Public Health Medicine
HELP University

Dr. Indra A/P V. Selvarajah
Lecturer, Faculty of Human Ecology
Universiti Putra Malaysia

Mr. K. Siladass
Advocate & Solicitor
K. Siladass & Partners

Associate Professor Dr. Jacob John
Department of Restorative Dentistry
Universiti Malaya

Pre Conference Workshops

Workshop A

TechFit Ageing : Integrating Technology for Holistic Ageing & Wellness

Facilitator : ***Dr. Vaikunthan Rajaratnam (Singapore)***

In this dynamic session, participants will explore the intersection of technology and wellness for seniors. Over three hours, we'll delve into the latest innovations that are reshaping how the elderly in the ASEAN region approach physical health and social engagement. This interactive session promises to provide insights into practical technology applications, fostering a more active, connected, and enriching aging experience. Whether you're a senior, a caregiver, or a professional in the field of gerontology, this workshop will offer valuable strategies and tools to support healthy aging in our communities. Join us on the path to TechFit Ageing, where innovation meets vitality, and unlock the potential of technology to enhance every facet of the golden years.

Workshop B

The Business of Healing: A Workshop on Entrepreneurial Pursuits in Retirement

Facilitators : ***Assoc Prof Dr Syriac Nellikunnel (India)***
Professor Nathan Vytialingam (Malaysia)

Embark on a new chapter of purpose and prosperity with 'The Business of Healing: A Workshop on Entrepreneurial Pursuits in Retirement.' Tailored for those seeking fulfilment and financial independence in their golden years, this workshop offers invaluable insights into launching and managing a successful venture during retirement. Whether you dream of turning a passion into profit or exploring a new business endeavor, our expert-led sessions will guide you through the intricacies of entrepreneurship. Discover the joy of building a business that aligns with your interests, values, and lifestyle. Join us for an inspiring journey towards a fulfilling retirement, where you not only heal from the daily grind but also contribute to a thriving entrepreneurial legacy. Seize the opportunity to redefine your retirement years with purpose and prosperity!

Workshop C

Crafting Connections: A Practical Workshop on Developing A Person-Centered Engagement and Activities in Dementia Care

Facilitator : ***Dr Cecilia Chan, Gerontologist, Dementia Advocate and Activist (Malaysia)***

Join us for 'Crafting Connections,' an immersive and practical workshop designed to equip caregivers, healthcare professionals, and enthusiasts with the tools to create meaningful engagements and activities in dementia care. This hands-on experience will delve into the art of person-centered approaches, providing participants with actionable strategies and insights. Through interactive sessions, attendees will explore the power of personalized activities that promote connection, joy, and a sense of purpose for individuals living with dementia. Be prepared to unlock your creativity, enhance your caregiving skills, and leave with a toolkit of practical techniques to enrich the lives of those under your care. Join us on this journey of compassion and discover the transformative impact of person-centered engagement in dementia care

Workshop D

Physical Fitness for Seniors – Learning the Art of Exercise to Battle Against Resilience

Facilitators : ***Assoc. Prof Dr Mohd. Nahar Azmi, Consultant Sports Physician (Malaysia)***
Dr Noor Azliyana Azizan, Physiotherapist (Malaysia)
Mr. Mohammad Munzir Khairudin, Occupational Therapist (Malaysia)

This unique session is tailored to empower healthcare professionals and also older persons in cultivating a resilient and active lifestyle. Participants will explore a holistic approach to fitness, combining enjoyable exercises with valuable insights on fostering physical resilience. From gentle stretches to adaptive workouts, this workshop aims to make fitness accessible to all seniors, regardless of their current fitness level. This session promises to guide attendees through the art of exercise, emphasizing the importance of maintaining strength, flexibility, and balance in ensuring healthy ageing. Take the first step towards a healthier and more resilient future – join us in this dynamic workshop and unlock the secrets to a vibrant and active senior life!

One Workshop Session: **RM180 | RM300 for Two Workshop Purchases**

Conference Schedule

Pre-Conference

A pre-conference will be organized on **Monday, 29th July 2024** to provide attendees with valuable insights and opportunities before the main event. It serves as a platform to engage participants, foster networking, and facilitate knowledge exchange. To stay informed about the latest updates and important details related to this pre-conference, visit us at **healthyageing.org/acha2024/**

Time	30th July 2024 Tuesday	31st July 2024 Wednesday	1st August 2024 Thursday
7:30 - 8:30 AM	**Registration**	**Breakfast Symposium**	**Breakfast Symposium**
8:30 - 9:15 AM	Plenary P1	Plenary P3	Plenary P5
9:15 - 10:00 AM	Plenary P2	Plenary P4	Plenary P6
10:00 - 10:30 AM	**Health & Wellness Break**	**Health & Wellness Break**	**Health & Wellness Break**
10:30 - 11:15 AM	Opening Ceremony	Symposium S9,10,11,12	Symposium S21,22,23,24
11:15 - 12:00 PM	Keynote Address	Workshops W1,2,3,4	Workshops W5,6,7,8
12:00 - 12:45 PM	Special Lectures V1,2,3,4	Special Lectures V5,6,7,8	Special Lectures V9,10,11,12
12:45 - 2:15 PM	**Lunch Symposium**	**L2 Lunch Symposium**	**L3 Lunch Symposium**
2:15 - 3:00 PM	Symposium S1,2,3,4	Symposium S13,14,15,16	Symposium S25,26,27,28
3:00 - 3:45 PM	Symposium S5,6,7,8	Symposium S17,18,19,20	Symposium S29,30,31,32
3:45 - 4:15 PM	Forums F1,2,3,4	Forums F5,6,7,8	Forums F9,10,11,12
4:15 - 5:15 PM	**Networking Tea Break**	**Networking Tea Break**	**Networking Tea Break**
7:00 - 9:30 PM	**Welcome Reception**		

Subject to change

Visit us at

healthyageing.org/acha2024/

for more information and updates regarding the conference

Presenting ACHA 2024

The ASEAN Conference on Healthy Ageing 2024 has been organized with the purpose of highlighting and addressing the various challenges and issues with regards to healhty ageing, from a holistic perspective. This conference acts as a platform to discuss the unique challenges of ageing faced throughout the ASEAN continent, which encompasses cultural, ethnic and religious aspects, in addition to global ageing concerns.

The conference will provide participants with the opportunity to enhance their professional development with regards to critical issues in ageing and gain a more holistic understanding on the subject. Furthermore, the conference also offers an excellent platform to network with some of the most eminent thought leaders and prominent minds in the field of ageing.

Book your seat. Explore the world of ageing through the ASEAN Conference on Healhty Ageing 2024 in realising the potential to “Ageing Successfully - Equitably, Actively and Naturally”.

About the Organiser

The Malaysian Healthy Ageing Society (MHAS) is proud to host the ACHA2024, an event focused on promoting healthy ageing in the region and beyond. MHAS, a non-profit organization, is committed to providing education, awareness and training to healthcare professionals, scientists, and the general public on various issues related to healthy ageing.

It has successfully done so for the past two decades, by actively organising events such as workshops, symposiums and conferences, as part of our ongoing efforts in collaboration with the health- care industry and engaged healthcare professionals.

To date, MHAS has played a significant role in hosting the inaugural World Congress on Healthy Aging in Kuala Lumpur, Malaysia in 2012. In 2015, we contributed to and collaborated on organizing the second World Congress on Healthy Aging in South Africa.

In 2017, MHAS successfully arranged the first ASEAN Conference on Healthy Aging(ACHA) in Sarawak, Malaysia. This led to our involvement in the second ASEAN Conference on Healthy Aging in Bali, Indonesia. Post pandemic, MHAS steps up to revive regional collaborations by celebrating the return of old and new friends and delegates to the 3rd ACHA 2024 in Penang, Malaysia.

REGISTRATION FORM

Visit **healthyageing.org/acha2024/** to purchase your tickets online

OR

Please return this registration form together with the payment documents to the Secretariat via e-mail at **mhas.acha@gmail.com**. All fields are mandatory.

Title & Name	
Name on Badge	
Organization & Address	
Email address	
Contact No.	
Meal Preference	Vegetarian ☐ Non- Vegetarian ☐

Registration Fee (Please tick wherever appropriate) ***RM300 for 2 workshop purchases***

29th July 2024		9:00AM - 12:00PM		2:00PM - 5:00PM
Pre-Conference Registration	Workshop A	RM180.00 ☐	Workshop C	RM180.00 ☐
	Workshop B	RM180.00 ☐	Workshop D	RM180.00 ☐

Registration Fee (Please tick wherever appropriate)

30th July 2024 1st August 2024		Delegates	Student
Early Bird Registration till 30th April 2024	Local Delegates	RM500.00 ☐	RM400.00 ☐
	ASEAN Delegates	USD300.00 ☐	USD250.00 ☐
	International Delegates	USD500.00 ☐	USD400.00 ☐
Normal Registration after 1st May 2024 onwards	Local Delegates	RM650.00 ☐	RM500.00 ☐
	ASEAN Delegates	USD400.00 ☐	USD350.00 ☐
	International Delegates	USD650.00 ☐	USD500.00 ☐

Payment Method (Please tick wherever appropriate)

Local order ☐ Direct bank-in ☐

Banking Information

Please make payment via local order or direct bank-in, please remit as follows:

Name of Bank: **RHB Berhad**
Name of Account: **Malaysian Healthy Ageing Society**
Account Number: **26416000002456**
Swift Code: **RHBBMYKL**
Reference: **type of delegate_ACHA24**

e-Perolehan Information

eP No.:
eP-1008K001Z
Business/Company Name:
Malaysian Healthy Ageing Society
Registration No:
PPM-002-10-25092002

Registration for the 3rd ASEAN Conference on Healthy Ageing is inclusive of annual membership of MHAS. Kindly note that you are supporting the MHAS cause that continues to advocate for healthy ageing issues at a much larger scale.

Malaysian Healthy Ageing Society *(Registrar of Societies No. 1384)*
A-05-10, Tower A, Pinnacle PJ, Lorong Utara C, 46200 Petaling Jaya, Selangor, Malaysia
T | +60 12 364 6109 E | mhas.acha@gmail.com W | healthyageing.org