



Day 2 : Wednesday, 31/7/24

7.30am-8.15am	Venue : Wembley Ballroom 2, Level 10 Harassing Power of Yoga for Resilience(I) Malaysian Society of Lifestyle Medicine			
8.15-9.00am	MSD Oncology Topic : TBC Assoc. Prof. Dr. Ravindran Kanesvaran Chairperson : Prof Nathan			
9.00-10.00am	Breakfast Symposium by TENA : Ketawa Sampai Kencing "Bladder Blunders and belly Laughs" Chairperson : Darren Atkinson Douglas Lim Shamaine Othman			
10-00-10-30am	Health and Wellness Break			
10.30-12.00noon	Legacy of Compassion : Prof Phillip George Lecture Series Chairperson : A/P Dr Prem Kumar Dr Josephine Subramaniam, Dr Patricia Gomez Dr Surinder Gill, Dr Malkit Silingh, Prof Dr. Peter Norrie Prof Dr. Helen Herman Dr Unni Krishnan Karunakara Prof Sivakumar Thuraijasingam Dr Parameswaran Ramasamy			
12.00-12.45pm	Venue : Wembley Ballroom 2, Level 10 Special Lecture, V5 Mastering Life's Symphony: A Guide to Prevention, Treatment, and Recovering From Depression Prof. Helen Herrman Chairperson : Dr Prem Kumar	Venue : Wembley Room 7, Level 9 Special Lecture, V6 Beyond the Bedside: Real-Time Patient Monitoring from Hospital to Home Prof Renuka Visvanathan Chairperson : Dr Khor Swee Kheng	Venue : Wembley Room 8, Level 9 Symposium 9 : Oral Health - Missing Link in Successful Aging Chairperson : Dr Sapna Oral Health - Its Relevance in Successful Ageing Dr Chloe Meng Jiang  Oral-Systemic Links - Whats known and What's New? Prof M F Lindawati Kusdhany  Challenges and Opportunities to Promote Oral Health in Older Adults A/P Dr Waramuch Pitiphat	Venue : Wembley Room 9, Level 9 Special Lecture,V7 Unleashing the Power of Behavior Modification for Optimal Health and Wellness and Wellness Dr Sundus Morgan Chairperson : TBC
12.45-2.45pm	Empowering Global Communities : The Role of Occupational Therapy in Promoting Health, Inclusion and Well-Being Ms. Samantha Shann Chairperson : Prof Nathan Vythalingam			
2.45-3.30pm	Workshop 5 : Mindfulness Chairperson : TBC Mindful Mastery: Unleashing Your Inner Stress Buster Dr Siva Poobalasingam Nisha Lakshmanan Ivana Saldanha	Workshop 6 Chairperson: Ms Joyce Leong Ageless Elegance: The Art of Nursing Care for Seniors Prof. Dr Khatijah Lim Abdullah	Workshop 7 : Oral Health(II) Chairperson : Dr Sapna Developing an Inter-Personal Approach to Promote Oral Health in Older Adults Dr Gabriel Lee Keng Yan A/P Dr Jacob John A/P Dr Wong Mun Loke	Workshop 8 : 5 Pillars of Holistic Wellness Chairperson : Dr Wong Teck Wee Harnessing the Power of Ageless Gut for Lifelong Wellness; Food as Medicine & Lifestyle Practices for Diabetics Mr Ashutosh Verma
3.30-4.15pm	Special Lecture V8 Mental Health Aspects of COVID 19 Vaccinations : Then & Now A/P Dr Prem Kumar Chairperson : Dr Lee Sook Meng	Special Lecture, V9 Navigating Digital Primary Healthcare  Dr Khor Swee Kheng Chairperson : Dr Jakir Masud	Special Lecture V10 Beyond Decay: A Comprehensive Primary Care Approach to Geriatric Dentistry in the Aging Population Dr Sapna Bhar Chairperson :Prof Dr Barakatun Nisak	Special Lecture, V11 Chairperson: Dr Sandeep Shalgram Yoga and Its Importance in Healthy Ageing for Holistic Living Mr Sandeep Shalgram Wankhade
4.15-5.00pm	Special Lecture, V12 Mirror, Mirror: The Impact of An Aging Body Image on Mind and Mood Assoc. Prof Dr David Barron Chairperson : Dr Shane Verman	Special Lecture, V13 Navigating Preventive Diagnostics with MRI Precision Dr Michael McNamara Chairperson : Dr Lim Poh Hin	Special Lecture, V14 Beyond Currency: Time as the New Social Capital Dr Olivia Tan Swee Leng Chairperson : Dr Sangeetha	Special Lecture, V15 Chairperson : Dr Wong Teck Wee The Art Of Energy Healing,Reiki,Qi Qong And Beyond Dr Amir Farid
5.00-5.45pm	Forum 5 :When love hurts! Prevention of caregiver burnout Moderator : Dr. Shane Varman Dr Anne Jamaludin Caregiver with Lived Experiences(TBC) Prof. Dr Khatijah Lim Abdullah	Forum 6: Gerontechnology : AI In Healthcare Moderator : Dr Moushmi Biswas Dr Valkunthan Rajaratsam Dr Jakir Masud	Forum 7 : Nurturing Prosperity for Retirement, Scam-Free Moderator : Ms Joyce Leong TBC (DRS)	Symposium 10: The Ancient Science of Ayurveda Chairperson : Mr Sandeep Shalgram Ancient Wisdom, Modern Science - Ayurvedic Perspective in Combatting Metabolic Syndrome Dr Siby Chiramel  Ageless Wisdom: Harnessing Ayurveda for Lifelong Vitality Dr Binod Bihari Dora

Day 3 : Thursday, 1/8/24

7.30am-8.15am	Venue : Wembley Ballroom 2, Level 10 Harnessing Power of Laughter Yoga(III) Malaysian Society of Lifestyle Medicine			
8.15-9.00am	Plenary 4 : The Retirement Age Riddle Chairperson : Dr. Azizan binti Abdul Aziz Dato' Anwar Fazal Dato' Seri Dr. Thamboo Pragasam Devaraj Datuk Dr N. Ganabaskaran			
9.00-10.00am	Breakfast Symposium by SOCSO : Nurturing Independence and Well-being in Ageing Populations with Disabilities Speaker : TBC Chairperson : TBC			
10.00-10.30am	Health and Wellness Break			
10.30-11.15am	Debate : Ageless Beauty: Embracing Natural Aging vs. Enhancing Aesthetics Chairperson : Dr Thevarasan Ganandran Dr. Yap Lok Huei Dr. Vaikunthan Rajaratnam			
11.15-12.00noon	Plenary 5 : Beyond Walls: Unveiling the Future of Smart Living in Smart Cities YB Jagdeep Singh Deo			
12.00-12.45pm	Venue : Wembley Ballroom 2, Level 10 FORUM 8 : Ensuring Health Across Borders: Navigating FOMEMA's Vital Role Chairperson : TBC  Healthy Ageing and Importance of Medical Screening Dr Mohd Ridzal bin Mond Zainal  Healthy Ageing and Caring for Hemodialysis Cases Dr Ungku Naim Akhtar bin Ungku Mohsin	Venue : Wembley Room 7, Level 9 Symposium 11 : Anti Microbial Resistance Chairperson : TBC From Infection to Resistance: Understanding the Interplay in Healthy Aging Assoc. Prof Dr Lim Poh Lian  Strategies to Address Antimicrobial Resistance in Aging Populations Prof Dr Sasheela Sri La Ponampalavanar	Venue : Wembley Room 8, Level 9 Special Lecture, V16 Chairperson : TBC Age vs. Wage: Lightning Talks on the Economics of Retirement Dr Syahinaz Hashim	Venue : Wembley Room 9, Level 9 Special Lecture, V17 Chairperson : TBC The Missing Link - Hospital and Primary Care Dr Muruga Raj
12.45-2.15pm	GSK Lunch Symposium			
2.15-3.00pm	Symposium 12&13 : Our Health - His & Her Health Chairperson : TBC From Leaks to Liberation: Managing Incontinence with Confidence Dr Anil Krishna Dass  Hot Flashes and Cool Wisdom: A Conversation About Menopause Dr. Sivabala Selvaratnam  Pee-sitive Solutions: Overcoming Incontinence Dr Teoh Boon Wei	Symposium 14: Rehabilitation and Disabled Population Empowering Abilities: Innovation and Rehabilitation for Disabled Populations Chairperson : TBC Prof Julia Anak Patrick Engkasan Miss Bathma	Special lecture, V18: Social Engagement Chairperson : Dr Shazlin Amir Hamzah Beyond Borders of Age: Crafting Inclusive Communities to Tackle Social Isolation in Older Persons Lily Fu	Symposium 16: Ageing in Place Chairperson : Prof Nathan Aging in Place 101: Strategies for a Fulfilling and Independent Life Prof Tri Budi Rahardjo  Community Care Hubs: Nurturing Independence As We Age Prof Suka Aryana
3.00-3.45pm	Unlocking the Power of Pelvic Floor Exercises Dr Noor Azliyana Aizan	Forum 9 : In Memory Chairperson : Datin Ranuga Devy Embracing Transitions: Exploring the Fulfillment and Significance of End-of-Life Journeys in Healthy Aging Palliative Physician Caregiver and Patient with Experience	Workshop 9 : Research in Older Persons Chairperson : Prof Dr Karen Morgan Conducting Trustworthy Research Professor Patrick Chien	Symposium 17 : All-Inclusive Age-Friendly City Chairperson : Dr Keng Jun N Cities for All Ages: Crafting an Aged-Friendly Future IR Mr Vincent Ong  Cashless System - Boon or Bane? TBC
3.45-4.30pm	Symposium 18: Vision and Hearing Chairperson : TBC Sight in the Golden Years: Challenges and Solutions Dr SS Gill  Hearing: The Symphony of Aging : Challenges and Solutions TBC	Symposium 19: Celebrating Resilience(I) Chairperson : Dr Sangeeta  Addressing the Unique Needs of Aging Persons with HIV AP Dr Reena Rajasuriar Andrew/Bakhtar from KLASS/MAC	Symposium 20 : Career and Well-Being Protecting Your Professional Career and the Importance of Well Being Chairperson : TBC Ms Joeky Leung Dr Kaema Nadarajan	Symposium 21: Unleashing The Hobbies Chairperson : Datin Ranuga Furry Companions: The Ageless Allure of Pets in the Lives of Seniors TBC  Blossoming Wellness: The Therapeutic Role of Gardening in Healthy Ageing TBC  Harmony in Age: The Therapeutic Power of Performing Arts and Music in Healthy Ageing Dr Shazlin Amir Hamzah
4.30-5.15pm	Sponsored Symposium Duspharma Topic : TBC	Special Lecture, V19 Chairperson : TBC Life Course of Healthy Ageing TBC	Special Lecture, V20 Chairperson : Dr Muruga Raj Abuse of Older People : Interventions for Primary Healthcare Professionals Assoc. Prof. Dr Fadillah Hanum	Special lecture, V21 Overcoming Loneliness through Social Connectedness in Healthy Ageing Chairperson : TBC Dr Padmaja Patel
5.15-6.00pm	Forum 10 :Passion Beyond Years: Rediscovering Libido, Love and Intimacy in Later Life Moderator : TBC Dr Teoh Boon Wei Dr. Sivabala Selvaratnam TBC	Forum 11 : Celebrating Resilience(II) Moderator : Dato' Prof Dr Abdul Rashid Khan Rep from BAM/Deaf Rep from Orang Asli Rep from older HIV	Symposium 22 : Bringing Evidence to Clinical Practice Chairperson : Dr Shazlin Amir Hamzah  Prof. Dr. Vallappan Raju Translating Research to Clinical Practice  Dr Norana Abdul Rahman A transdisciplinary approach to addressing complex issues faced by older persons in Malaysia	
6.00pm	Closing Ceremony			