

Organised by



in collaboration with



# 3<sup>RD</sup> 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



# 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. Batrisha 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: Cracking 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  
Revolutionizing 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 Longevity 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



# Call For Papers

1st June 2023 - 15th April 2024

Submit your entry via  
[healthyageing.org/acha2024/](https://healthyageing.org/acha2024/)

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*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](mailto: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 Psychology*  
*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*  
*Kho 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*

# 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/](https://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
<b>10:00 - 10:30 AM</b>	<b>Health &amp; Wellness Break</b>	<b>Health &amp; Wellness Break</b>	<b>Health &amp; Wellness Break</b>
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
<b>12:45 - 2:15 PM</b>	<b>Lunch Symposium</b>	<b>L2 Lunch Symposium</b>	<b>L3 Lunch Symposium</b>
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
<b>4:15 - 5:15 PM</b>	<b>Networking Tea Break</b>	<b>Networking Tea Break</b>	<b>Networking Tea Break</b>
<b>7:00 - 9:30 PM</b>	<b>Welcome Reception</b>		

*\*Subject to change*

Visit us at  
**[healthyageing.org/acha2024/](https://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 healthy 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 Healthy 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/](http://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](mailto:mhas.acha@gmail.com). All fields are mandatory.

Title & Name	
Name on Badge	
Organization & Address	
Email address	
Contact No.	
Meal Preference	Vegetarian <input type="checkbox"/> Non- Vegetarian <input type="checkbox"/>

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	<input type="checkbox"/>	Workshop C	RM180.00	<input type="checkbox"/>
	Workshop B	RM180.00	<input type="checkbox"/>	Workshop D	RM180.00	<input type="checkbox"/>

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 <input type="checkbox"/>	RM400.00 <input type="checkbox"/>
	ASEAN Delegates	USD300.00 <input type="checkbox"/>	USD250.00 <input type="checkbox"/>
	International Delegates	USD500.00 <input type="checkbox"/>	USD400.00 <input type="checkbox"/>
Normal Registration after 1st May 2024 onwards	Local Delegates	RM650.00 <input type="checkbox"/>	RM500.00 <input type="checkbox"/>
	ASEAN Delegates	USD400.00 <input type="checkbox"/>	USD350.00 <input type="checkbox"/>
	International Delegates	USD650.00 <input type="checkbox"/>	USD500.00 <input type="checkbox"/>

Payment Method (Please tick wherever appropriate)

Local order <input type="checkbox"/>	Direct bank-in <input type="checkbox"/>
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## 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: **2641600002456**  
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](mailto:mhas.acha@gmail.com)

W | [healthyageing.org](http://healthyageing.org)