

## CANCERWISE WORKSHOP

# DIET & FITNESS IN CANCER PREVENTION

22 November 2008 (Saturday)

1.00pm – 4.30pm

Function Room, Level 4

National Cancer Centre

Singapore 169610

Time	Programme	Speaker
1pm (30 mins)	<b>Registration</b>	
1.30pm (15mins)	<b>Introduction &amp; Overview of Cancer</b>	<b>Bob Koh</b> Health Educator, Public & Patient Education Unit, NCC
1.45pm (1hr 15mins)	<b>The Role of Fitness in Cancer Prevention</b> <ul style="list-style-type: none"> <li>• Achieving your ideal weight</li> <li>• Make fitness work for you – choosing the right exercise</li> <li>• Benefits of Exercise &amp; Fitness</li> <li>• Role of the Physiotherapist</li> <li>• Getting fit after cancer</li> <li>• Q &amp; A</li> </ul>	<b>Ms Hozaidah Hosain</b> Principal Physiotherapist & Chief Lymphoedema Management, SGH
3pm (20mins)	<b>Tea Break</b>	
3.20pm (1hr)	<b>The Role of Diet in Cancer Prevention</b> <ul style="list-style-type: none"> <li>• Types of diet to reduce cancer risk</li> <li>• Dietary myths and misconceptions</li> <li>• Nutrition for cancer patients</li> <li>• Simple healthy cooking tips, rice cooking demonstration</li> <li>• Q &amp; A</li> </ul>	<b>Mr Philip Chia</b> Peranakan Chef & Consultant Rice Cooking Studio, Singapore
4.20pm (10mins)	<b>Summary &amp; Feedback</b>	<b>Bob Koh</b> Health Educator, Public & Patient Education Unit, NCC
4.30pm (10mins)	End of Programme	