

## Healthy Ageing for Healthy Living

Bengkel "Healthy Ageing for Healthy Living" oleh Reproductive Health Association Melaka (RHAM) telah diadakan pada 22 Julai 2017. Program yang disokong oleh Lembaga Promosi Kesihatan Malaysia (MySihat) ini berlangsung di Dewan Hang Tuah, Melaka.







# HEALTHY AGEING FOR HEALTHY LIVING 1st SEMINAR



Organised by

**Reproductive Health  
Association Melaka (RHAM)**  
*(Member of the Federation of Reproductive  
Health Associations Malaysia (FRHAM))*

Supported by

**Malaysian Health Promotion Board  
(MySihat)**

Date

**Saturday, 22 July 2017**

Time:

**8.00 am—2.00 pm**

Venue

**Bilik Mesyuarat,  
Dewan Hang Tuah**

## PROGRAMME

- 08.00 am Registration of Participants / Pre-basic Health Screening/  
Breakfast / Welcome / Opening Remarks
- 09.45 am Topic 1: Introduction to Ageing & NCDs—Dr Rabiatul Badariah
- 10.45 am Topic 2: Reproductive Health & Ageing—Dr Jasvinder Kaur
- 11.45 am Topic 3: Nutrition & Ageing—Pn Wan Nur Hafifah Wan Mat Zin
- 12.30 pm Quiz based on above topics
- 12.45 pm Q & A/ Group Discussion /Recommendation
- 01.15 pm Healthy Cooking Demonstration—Ms Tan Yok Hua
- 02.00 pm Lunch / Closing / End of Session 1

The Reproductive Health Association Melaka is a non-profit, non-government service provider and an advocate of sexual and reproductive health and rights (SRHR) for women, men, young people and marginalized population. RHAM was formed in 1957 and is a member of the Federation of Reproductive Health Associations Malaysia (FRHAM) which is affiliated to the International Planned Parenthood Federation (IPPF). The change in name from Family Planning Association Malacca to Reproductive Health Association Melaka in 2010 reflects more accurately our evolving roles and vast strides in the field of SRHR including family planning.

**VISION:** All people in Malaysia have access to information and services on sexual and reproductive health and rights (SRHR).

**MISSION:** To champion sexual and reproductive health and rights for all particularly the marginalized and the underserved.

