



MANGALAM HEALTHY LIVING CAMP

(with Blood Donation Drive)



A camp organised to create awareness & educate about Integrative Medicine in the various areas of self-care and wholistic wellness

Date : 30/3/2024 (Saturday)
Time : 10 am - 3 pm
**Venue: Pure Life Society,
 Batu 6 Jalan Klang Lama,
 Kuala Lumpur**



To register, please scan the QR code or call 016-537 8642 / 012-291 0978

LIMITED TO 200 REGISTERED PARTICIPANTS

Programme

- 10.00 am : Registration opens
- 10.30 am : Official Opening Ceremony
- 11.50 am : 'Nature and Us'
- 12.00 pm : 'Energy & Sound Healing'
- 12.40 pm : Introduction to Traditional Medicine
- 12.45 pm : 'The Spice of Life: A Culinary Journey to Longevity'
- 1.00 pm : 'Kesihatan & Penjagaan Wanita & Kanak Kanak'
- 1.15 pm : Talk by Persatuan TCM Shi Kui
- 1.45 pm : Preventing Blindness
- 2.15 pm : Sharing by Cancer Survivor
- 2.30 pm : Talk on Self-Management



The common health scare topics will be on the foreground and addressed by the supporting Traditional & Complementary Medicine Practitioners focusing on women wellness & fertility, diabetic care, heart care, mental health, weight management, eye care.

The camp will be officiated by Dr. Dyanan Puvanandran

Secretary of Traditional and Complementary Medicine Council
 Traditional and Complementary Medicine Division
 Ministry of Health



Eye screening * Basic health check (BP, BMI and Cholesterol & Sugar Reading) *
 HPV & Breast Cancer Test * Energy & Sound Healing * Kinesiology * Iridology *
 Varma & Yoga Treatment * Malay Traditional Massage ('Bekam')
 * Vibration Therapy * Aromatherapy * Acupuncture * Tuina *



Organised by Women's Wing, Pure Life Society

with the support of Malaysia Holistic and Herbal Organisation (MHHO) together with Klinik Kesihatan Lembah Pantai, Iridology Practitioner Association Malaysia, Pertubuhan Perubatan Tradisional India Malaysia, Persatuan Pengamal Urut Terapeutik dan Penjagaan Melayu Malaysia, Persatuan TCM Shi Kui, Malaysia Yoga Wellness Association dan Malaysian Specialized Kinesiology Association