

WEBINAR: TALK ON HOW TO ENJOY HEALTHY EATING?

Date : 17 February 2024, Saturday
Time : 10.00 a.m. – 11.30 a.m.
Venue : ZOOM Application
Speaker : Ms. Yap Pau Lin, Dietitian, Columbia Asia Hospital Iskandar Puteri

THERE IS NO CPD ENTITLEMENT FOR THIS TALK AND THE ADMISSION IS FREE.

Synopsis

The proverbial saying “You are what you eat” is the notion that diet plays a key role in your overall health and wellbeing. A balanced diet supplies the nutrients your body needs to work effectively. Without balanced nutrition, your body is more prone to diseases, infections, fatigue, and low performance. Eating well helps to reduce the risks of physical health problems like heart diseases and diabetes. This webinar will be covering on the food choices and diet habits among Malaysians, and the health consequences related to an unhealthy eating.

Contents of Webinar:

1. Introduction on healthy eating specifically on balanced diet and its components.
2. Sharing of tips on modifying food or drinks for low fat, high fibre, and low sugar diet.
3. Recommendations on eating right but not eating less.

About the Speaker:



Ms. Yap Pau Lin obtained her bachelor’s degree in Nutrition and Dietetics from International Medical University in 2014 and is a Dietitian in Columbia Asia Hospital Iskandar Puteri, Johor. She has been working as a dietitian since 2015 with an experience for over 8 years. Throughout her experience, Ms. Yap has been providing diet counselling and consulting for tube feeding regime prescription for patients. She has been working together with Food Service Department to serve nutritious and safe therapeutic diet to patients. She also provides health talks for public and corporate clients, and write articles regarding nutrition and diet information on newspaper online portals and social media. Apart from that, Ms. Yap also has organised a weight loss programme for hospital staffs and involved in Health Transformation Programme by Columbia Asia Management Office.

The webinar is strictly limited to **90 participants** only. Registration will be on a first-come-first-serve basis. Kindly return the reply slip to the IEM (SB) office before **14th February 2024**. Thank you for your continuous support of the Institution.

Chairman, Sub-Committee on Social, Sports, and Welfare, IEM (SB)

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