



LEARN & SHARE
IBD PATIENT SUPPORT GROUP MEETING
PATIENTS, FAMILY & FRIENDS

MARCH 28, 2015
2PM – 5PM

MULTI-PURPOSE HALL

133 New Bridge Road
Social Service Hub @ Chinatown Point #04-03
Singapore 059413

SESSION 1 Ancient Art of Yoga by Mr. Ramesh Teckwani

Having practiced for decades, our volunteer will lead the group in Raja Yoga meditation to calm the mind while Hatha Yoga to keep the body fit

TEA BREAK

SESSION 2 PATIENT SHARING SESSION

**ALL IBD PATIENTS & PARENTS OF CHILDREN WITH CROHN'S DISEASE OR
ULCERATIVE COLITIS ARE WELCOME**

FOR MORE INFORMATION CONTACT: NIDHI @ 9756 4066 OR EMAIL INFO@IBD.ORG.SG