



THE ART OF HAPPINESS

is a poignant and inspiring talk that draws its roots from the speaker's own personal journey of how he has overcome numerous obstacles in life. These include coming to terms with the death of his father, seeking inner peace in Nepal, quitting his job in search of true happiness, getting cheated by his business partner in his first venture and transforming himself from a sickly, acne-prone, low self-esteem hermit to become Singapore's leading lifestyle personality.

RSVP

Nidhi

97564066

uccd.sg@gmail.com

 CROHN'S & COLITIS
SOCIETY OF SINGAPORE

237 Arcadia Road #04-06, The Arcadia Block B,
Singapore 289844
info@ibd.org.sg
www.ibd.org.sg

Event Sponsor

 janssen

**1 Nov 2014 (Sat)
12.30pm – 5.00pm**

**National Volunteer & Philanthropy Centre
6 Eu Tong Sen Street #04-88, The Central**

**12.30 – 1.35 pm
Buffet Lunch**

**1.35 – 1.40 pm
Opening Speech
by Mrs Nidhi Swarup,
President,
Crohn's & Colitis Society of Singapore**

**1.40 – 2.40 pm
'The Art of Happiness' Workshop
Making Stress Work for You
by Lionel Lim,
Multi-Award winning Lifestyle Coach**

**2.40 – 4.00 pm
Free Massage by the Mobile Massage Team
from SAVH
(Singapore Association of the Visually Handicapped)**

The Mobile Massage Team is a crew of qualified, visually-handicapped masseurs who will provide you with head & shoulder massage service. By engaging their service, we are helping the visually handicapped help themselves.

**4.00 – 5.00 pm
Tea Break**

