

# Saturday 23 July '22

subject to changes

SG Time	Zoom Room 1	
8.15am	Mindfulness Practice Session	
8.30am	<p><b>Welcome Address</b>  <i>Adj. A/Prof Angie Chew</i>, CEO &amp; Mindfulness Principal, Brahm Centre  <i>Mr Tan Kwang Cheak</i>, CEO, Agency for Integrated Care  <i>A/Prof. Eric Loucks</i>, Director, Brown Mindfulness Centre, Brown University</p>	
8.45am	<p><b>Address by Guest of Honour</b>  <i>Ms Rahayu Mahzam</i>            Senior Parliamentary Secretary, Ministry of Health</p>	
9.00am	<p><b>Keynote</b>  <b>Unwinding Anxiety Workshop</b>  <i>A/Prof. Judson Brewer</i>            Psychiatrist &amp; Neuroscientist, Brown University            New York Times Best-selling Author</p>	
11.00am	<p><b>Mindfulness For Healthcare</b>  <i>Prof. Christopher Cheng</i>            Senior Advisor, Singhealth            Former CEO, Sengkang General Hospital</p>	
11.20am	<p><b>Mindfulness Initiatives In National Healthcare Group</b>  <i>Prof. Chua Hong Choon</i>            Deputy Group CEO, National Healthcare Group            CEO, Khoo Teck Puat Hospital &amp; Yishun Health</p>	
11.40am	LUNCH BREAK	
	Zoom Room 1	Zoom Room 2
12.30pm-2.30pm	<p><b>Mindfulness &amp; Health Professional Education</b>  <i>Prof. Craig Hassed</i>            Director of Education, Monash Centre for Consciousness and Contemplative Studies</p>	<p><b>Mindful Art Through Zentangle</b>  <i>Adj. A/Prof Mabel Yap</i>            MBSR &amp; MSC Teacher            Certified Zentangle Teacher            Director, Ministry of Health            (Onsite at Brahm Centre @ Newton by registration)</p>
2.45pm-4.45pm	<p><b>Mindfulness For Transformation Of Self &amp; Students</b>  <i>Adj. A/Prof Angie Chew</i>            National University of Singapore            Mindfulness Principal &amp; CEO Brahm Centre</p>	<p><b>Walking In Nature For Health and Happiness</b>  <i>Dr. Lynette Tan</i>            Director of Studies, Residential College 4            National University of Singapore</p>
5.00pm - 6.45pm	<p><b>Mindfulness Is Coming Of Age</b>  <i>Prof. Willem Kuyken</i>            Professor of Mindfulness and Psychological Science            Director, University of Oxford Mindfulness Centre</p>	
7.00pm-8.00pm	<p><b>Mindfulness &amp; Positive Psychology</b>  <i>Dr. Christopher Willard</i>            Psychologist, Harvard Medical School</p>	<p><b>Eating Right For Brain Development</b>  <i>Dr. Naras Lapsys</i>            Molecular Geneticist &amp; Nutritionist</p>
8.15pm - 9.30pm	<p><b>The Future of Mindfulness: Innovative And Grounded Ways To Enhance Wellness Over Generations</b>  <i>A/Prof. Eric Loucks</i>            Director, Brown Mindfulness Centre            A/Prof of Behavioural and Social Sciences,            Brown University</p>	<p><b>Enhancing Decision Making And Work With MBSAT</b>  <i>Norman New</i>            Certified Mindfulness-Based Strategic Awareness            Training Teacher</p>

Updated 20 July 2022

# Sunday, 24 July '22

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SG Time	Zoom Room 1	Zoom Room 2
9.00am-11am	<b>Mindfulness In Palliative Care</b> <i>Dr. Neo Han Yee</i> Head of Palliative Medicine Tan Tock Seng Hospital	<b>Real Happiness At Work</b> <i>Sharon Salzberg</i> Loving Kindness Expert & Author
11.00am - 11.30am	<b>Mindfulness Practice</b>	
12.30pm-2.30pm	<b>Burnout To Brilliance: Path Of Rejuvenation With Self-Compassion</b> <i>Dr. Olivia Ong</i> Medical Doctor & Author	<b>Mindful Communication: Listening More Deeply To Ourselves And Others</b> <i>Dr. Geoffrey Tan</i> Clinician-Scientist & Consultant Institute of Mental Health
2.45pm-4.45pm	<b>Mindfulness &amp; Cancer Care</b> <i>Trish Bartley</i> Mindfulness Trainer & Developer of Mindfulness-Based Cognitive Therapy for Cancer Program	<b>Mindfulness In Parenting</b> <i>Eluned Gold</i> Psychotherapist & Developer of "Nurturing Parents" Course
5.00pm-7.00pm	<b>Self-Compassion And Caring For Others</b> <i>Tina Gibson</i> Certified Mindful Self-Compassion Teacher, Trainer & Mentor	<b>Mindfulness For Pre-Schoolers</b> <i>Faiy Rushton &amp; Christalla Alekkou</i> Mindfulness in Schools Project (MiSP), UK
8.00pm-9.30pm	<b>Mindfulness-Based Therapy For Insomnia</b> <i>Dr. Jason Ong</i> Director of Behavioral Sleep Medicine, Nox Health & Adj. A/Prof, Northwestern University	<b>Mindfulness For Children And Teens</b> <i>Ben Chalwin &amp; Elinor Brown</i> Mindfulness in Schools Project (MiSP), UK
9.30pm-10.00pm	<b>Closing Session</b> <i>A/Prof Peter Pang, Master, NUS Residential College 4</i> <i>A/Prof Faith Chia, Designated Institutional Official, National Healthcare Group Residency</i> <i>Adj. A/Prof Angie Chew, CEO &amp; Mindfulness Principal, Brahm Centre</i>	
Updated 19 July 202220		