



Date : 29 November 2014 (Sat)

Time : 1 pm - 5 pm

Venue : Health Promotion Board (HPB)

Auditorium Level 7

3 Second Hospital Ave Singapore 168937

Registration Fee: \$10.00

Topics covered:

- “Air pollution – What are the risks?”
- “Understanding common airway disorders : Asthma & COPD”
- “Exercise your Lungs!”
- “The harmful effects of smoking and the benefits of quitting”
- ”New Hope in the Treatment of Lung Cancer”

Free Spirometry & Smokerlyzer Testing provided

First-come-first-served

Light refreshments & goodie bags provided (while stocks last)

To **register**, log in at <http://healthylungsforlifingsingapore.eventbrite.sg>

or email to info@copdas.com

with subject “Public Forum”, your full name, number of persons attending and contact number

Join our facebook at <https://www.facebook.com/COPDAS> for more information

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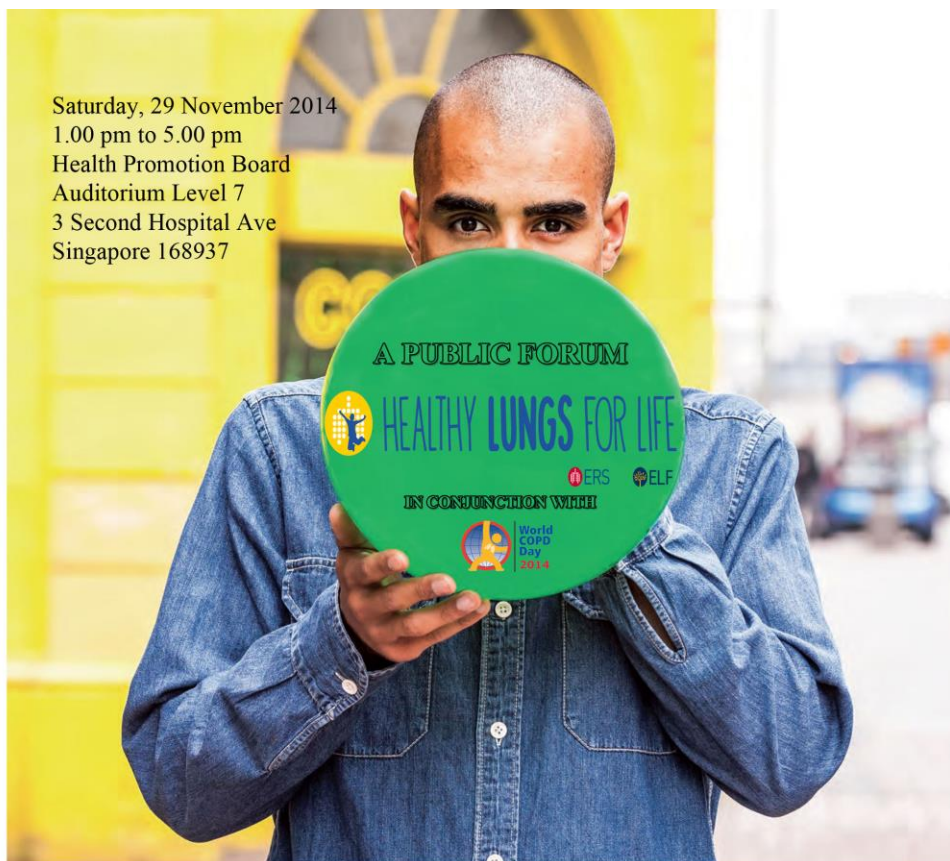


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“This World Spirometry Day (WSD) event is being held as part of the Healthy Lungs for Life campaign”

Saturday, 29 November 2014
 1.00 pm to 5.00 pm
 Health Promotion Board
 Auditorium Level 7
 3 Second Hospital Ave
 Singapore 168937



1.00 pm	Registration Spirometry & Smokerlyzer (First-come-first-served) On-site quiz via phone
1.50 pm	Welcome & Opening Speech
2.00 pm	Air Pollution - What are the risks? <i>Dr Ong Kian Chung - COPDas President</i>
2.30 pm	Understanding common airway disorders : Asthma & COPD <i>Dr Tan Tze Lee - COPDas Vice President</i>
3.00 pm	Refreshment & Break (20 mins)
3.20 pm	“Exercise your Lungs!” <i>Cindy Soh - Principal Physiotherapist</i>
3.50 pm	The harmful effects of smoking and the benefits of quitting <i>Muchtar Bin Abdul Karim - Quit Consultant</i>
4.20 pm	New Hope in the Treatment of Lung Cancer <i>Dr Wong Seng Weng - Medical Oncologist</i>
4.50 pm	Questions & Answers
5.00 pm	Concluding Remarks

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