

# BRIGHT EYES HEALTHY KIDS

## Public Forum

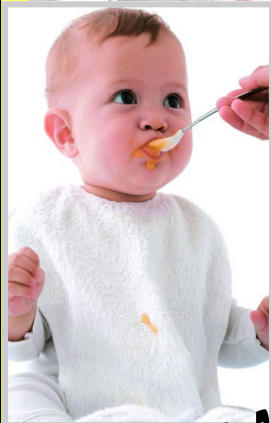
Date: 21 February 2009 (Saturday)

Time: 2pm - 5pm

Venue: HDB Hub Convention Centre  
Auditorium @ Basement 1

Join us to find out how you can give your children every opportunity to become happy, healthy and confident individuals.

- ✦ Learn how to care for your child's vision
- ✦ Pointers on the vaccinations available for your child
- ✦ Discover the right nutrition for your child
- ✦ Boost your parenting quotient and learn to understand your child's behaviours



### Highlights

#### Children's Eyes - Their Windows to the World

*Dr Leo Seo Wei, Consultant Ophthalmologist,  
Tan Tock Seng Hospital*

#### ABCs of Childhood Vaccinations

*Dr Angelia Chua, Head (Yishun Polyclinic) & Senior Family  
Physician, NHG Polyclinics*

#### Best Nutrition for Your Child

*Ms Sarah Shamila Sinaram, Dietitian, NHG Polyclinics*

#### I Care for You, Baby!

*Ms Joanne Chia, Nurse Educator, Primary Care Academy*

#### Learning Your Child's Behaviours

*Mr Timothy Chua, Senior Medical Social Worker,  
NHG Polyclinics*

### Refreshments Included!

### Goodie Bags for the first 200 participants!

To register or enquire, please call **6496 6681**  
or email [secretariat@pca.sg](mailto:secretariat@pca.sg)

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