



## MANAGE YOUR STRESS WITH MINDFULNESS

In this practical, hands-on workshop, you will learn to:

- Understand stress and your reactions to it
- Develop a positive view of your reactions to stress
- Transform your stress reactions with mindfulness
- Create more happiness in your life

### About the Learning Room

The Learning Room offers coaching and personal development programmes to master the course of longevity. It is part of the Community For Successful Ageing (ComSA) which seeks to co-create a vibrant, mutually supportive and healthy home where all ages draw the benefits of longevity.

The Tsao Foundation's fourth and latest initiative, ComSA is a system approach with integrated, community-wide comprehensive programmes and services that include health and psycho-social care and pathways to empowerment and participation.

The Learning Room, Hua Mei Clinic (primary healthcare and care management service), Hua Mei EPICC (holistic health day-club for frail elders) and community participation programmes such as SCOPE and SWING, are all conveniently accessible at the ComSA Whampoa Centre, located at the Whampoa Community Club.

For more information, please visit [www.tsaofoundation.org](http://www.tsaofoundation.org).

### COURSE DETAILS:

**DATE & TIME:** 1, 8, 15, 22 & 29  
Aug 2017 (Tue)  
2.00pm – 4.00pm

**DURATION:** 10 hrs  
(5 x 2-hour sessions)

**VENUE:**  
ComSA Whampoa Centre  
Level 3, Whampoa Community  
Club.

**FEES: \$54\* (incl. GST)**  
\*Subsidised fees for Singaporeans  
& PRs aged 50 & above. Further  
subsidy available, please enquire.

Full course fees \$214 (incl. GST)

This is a short course supported  
by National Silver Academy (NSA).  
For more information on NSA,  
please refer to [www.nsa.org.sg](http://www.nsa.org.sg)