Main Organisers







Participating Organisations

















































Main Supporting Organisations







Other Supporting Organisations













Sponsors















29 Sep - 4 Oct 2008, 11am - 9pm

Learn more about mental health issues from the exhibition booths and Cheng San Community Library.

5 Oct 2008, 8am - 5pm

Launch of World Mental Health Day

Event Programme*

8am	Registration of Walk and Children Art Competition
8.30am	Arrival of VIPs & GOH
8.50am	Warm Up Exercise & GOH to flag off the walk
9am	Children Art Competition
	Theme "Happy Days"
10am	Welcoming performances
10.15am	Opening Speech
	Dr Lee Cheng, Vice-President,
	Silver Ribbon (Singapore)
10.20am	Speech by Guest of Honour
10.30am	Launch of World Mental Health Day
10.35am	Prize presentation for Children Art Competition winners
10.45am	Presentation of token of appreciation to GOH
10.50am	Thank you speech by representative of Hougang Mall
Talks	
11am	School Bullying
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	Ms Feng Jiewen, Counsellor S'pore Children Society
	3 pore Criticien Society

Dr Swapna Verma, Chief Early Psychosis Intervention Programme 12noon

Managing Stress through Traditional Chinese Medicine Physician Stephen Lau

Eu Yan Sang

*Free glucose test during this session Parenting in the Modern Society

When It Is More than Stress

Ms Quah Saw Han, Senior Psychologist, MCYS, representing S'pore Psychological Soceity

Facing Depression Head On and Winning Dr Roger Ho, Registrar/Psychiatrist, National University of Singapore Health System

Balancing Family Life and Work 1.30pm Dr Asghar Sajadian, Academic Lecturer

REC College

Demo 2pm

11.30am

12.30pm

1pm

Yoga Demonstration Symphony by Citispa

*30 yoga mats to be given away during this session

Music Therapy 2.30pm Tango Lyrical Theatre 3pm Healthy Living Osim

3.30pm Make-up Demonstration

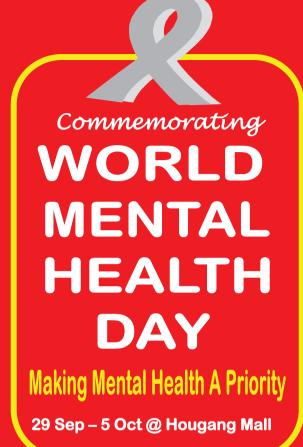
The Body Shop

*300 pcs of \$10 conditional vouchers to be given away

during this session 4pm Cooking for the Soul Xotiq Chocolatier 4.30pm Music Therapy

> South Americans Musicians, Quipukamak Happy Dance

5pm Timezone Powie 5.30pm Closing



GUEST OF HONOUR

for the walk on 5 Oct 2008

Mr Teo Chee Hean

Minister for Defence

^{*}Programs are subjected to changes without prior notice.