



## Health and Wellness Series - Common Health Conditions in Seniors

Gain insight into the common health issues faced by seniors, such as dementia and sarcopenia, and how to manage them through age-appropriate screenings and tips.

**Date** : 6 October 2023, Friday

**Time** : Noon to 1.30pm

**Venue** : Function Rooms, KRGH (Level 2)

**Fees** : NUSS Member **\$16\***  
Member's Guest **\$22\***  
(Lunch will be provided)

*\*Subject to prevailing GST*

*This session is part of a series of talks organised to engage and educate the NUSS community on healthy living and active ageing.*

### ABOUT THE SPEAKER



**Dr Preetha  
Venugopalan Menon**

Consultant, Healthy  
Ageing Programme  
Alexandra Hospital



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