




COUNSELLING AND WELLNESS WEEK 2013:

“Meaningful Life”



Activity	Faculty	PJ Campus (PC)	PJ Campus (PD)	KL Campus	Sg Long
<ul style="list-style-type: none"> ✓ Wellness Exhibition Booth ✓ Psychological Checklist ✓ Games ✓ Quiz Session 		17 th June 2013 10am to 4pm PD Foyer, PJ Campus	18 th June 2013 10am-4pm PC Foyer, PJ Campus	19 th -20 th June 2013 10am-4pm SB Block Reading Room KL Campus	20 th -21 st June 2013 10am-4pm South Lobby, Sg Long Campus
Launching of Counselling & Wellness Week				19 th June 2013 10am-11pm SB Block Reading Room KL Campus	20 th June 2013 10am-11am South Lobby, Sg Long Campus
Health Check From National Kidney Foundation			18 th June 2013 10am-3.30pm PD Foyer, B3	19 th June 2013 10am-3.30pm SB Block Reading Room KL Campus	20 th June 2013 10am-3.30pm North Lobby, Sg Long Campus

<p>Psychological Movie Reviews</p>				<p>Movie 1: Life of Pi ✓ Date: 21 June 2013 ✓ Time: 2pm-4pm ✓ Venue: KAG01</p>
<p>Workshop / Talk</p>	<p>Talk on: Suicide Prevention Speaker: BeFriends</p> <p>✓ Date: 18th June 2013 ✓ Time: 11am-12pm ✓ Venue: PD Foyer, B3</p>		<p>Talk on: Acupressure Therapy and Wellness Speaker: Philip Chua</p> <p>✓ Date: 19th June 2013 ✓ Time: 12pm-2pm ✓ Venue: SB Block Reading Room KL Campus</p>	<p>Talk on: 让你眼睛亮起来 Speaker: Mr Wang Chaozheng (王朝正)</p> <p>✓ Date: 20th June 2013 ✓ Time: 11am-12pm ✓ Venue: KAG02 Sg Long Campus</p>
	<p>Talk on: Live Life for Real Safe Speaker: Zest</p> <p>✓ Date: 18th June 2013 ✓ Time: 12.30pm-2pm ✓ Venue: PD Foyer, B3</p>		<p>Talk on: Live Life for Real Safe</p> <p>Speaker: Zest</p> <p>✓ Date: 19th June 2013 ✓ Time: 2pm-4.30pm ✓ Venue: SB Block Reading Room KL Campus</p>	
			<p>Talk on: From Who You Are to Who You Really Are</p> <p>Speaker: Mr Einston Tong</p> <p>✓ Date: 20th June 2013 ✓ Time: 12pm-2pm ✓ Venue: SB Block Reading Room KL Campus</p>	<p>Demonstration on: Sand Tray Therapy Speaker: Mr. Lim Dao Yong</p> <p>✓ Date: 20th June 2013 ✓ Time: 10am-12pm/ 2pm- 4pm ✓ Venue: KAG02 Sg Long Campus</p>

<ul style="list-style-type: none"> • F.A.M.I.L.Y 			<p>19th-20th June 2013 10am-4pm Reading Room, SB, KL Campus</p>	
<ul style="list-style-type: none"> ✚ Trust in Relationship Game 			<p>19th-20th June 2013 10am-4pm Reading Room, SB, KL Campus</p>	
<ul style="list-style-type: none"> ✚ Treasure Hunt of Meaningful Life 			<p>19th-20th June 2013 10am-4pm Reading Room, SB, KL Campus</p>	
<ul style="list-style-type: none"> ❖ Breast Self Examination 			<p>22- 24 June 2013 10am-4pm SB Block Reading Room KL Campus</p>	<p>21th June 2013 10am-4.00pm North Lobby Sg Long</p>
<ul style="list-style-type: none"> ❖ Thumbprint and Free and Easy Activities 				<p>20th -21st June 2013 10am-4.00pm South Lobby Sg Long</p>

