



MARCH

(2:00 PM - 5:30 PM)

Let's Celebrate
Together with us

International
**Women's
Day**

EmpowerHER Symposium: Celebrating Women's Achievements and Diversity

"EmpowerHER Symposium: Celebrating Women's Achievements and Diversity" unfolds with an opening dance, followed by a reflection on Malaysia-CEDAW's 30-year journey in legal reforms for women's rights. Take a stretch break before delving into "How to be a Blessed and Happier Woman." Experience the Qi Flow Breathing session, Rediscover Passion in your second act, and embrace Qi Flow Movement. Learn about Navigating Health and Wellness after 50, concluding with a closing dance. Join us in this empowering journey of celebration and self-discovery.

Jointly organised by:



8 - 10 March

SCCC, SHAH ALAM

Setia City Convention Centre



Health Coach
INTERNATIONAL

SeniorsAloud
A Voice for Seniors

MEDI BEAUTE
Food • Aesthetic • Beauty • Life

The ONLY Expo Caters to Retirement & Seniors' Well-Being

FRIDAY (8 MARCH 2024)

EmpowerHER Symposium: Celebrating Women's Achievements and Diversity



2:00PM - 2:05PM

Welcome and Opening Gambit

Joget Kereta Lambu

TariMas Dancers from SeniorsAloud



2:05PM - 2:35PM

Malaysia-CEDAW at 30: Legal Reforms Concerning Women's Rights since 1995

In 1995, Malaysia acceded to the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW). In this talk we examine our latest laws concerning women's rights, as well as major legal issues impacting women that still remain unaddressed in legislation, which we hope will be resolved as we approach the 30th anniversary of CEDAW in Malaysia next year.

Chan Quin Er

LL.B. Honours degree, University of London;

Partner, Dispute Resolution Department, Marcus Tan & Co.



2:35PM - 2:45PM

Stretch Break

Stretch Break offers simple yet effective stretching exercises for quick relaxation. Recharge your body, ease tension, and boost flexibility with these easy-to-follow stretches, perfect for a rejuvenating break.

Allen Cheong

Certified Health Coach, Health Coach International, Certified Yoga Instructor, MAYI and Advisor of TAA IEAC- Health and Social Services



2:45PM - 3:15PM

Secret of Being A Blessed and Happy Woman 幸福女人 秘訣 (Mandarin)

Unlock the secrets to a joyous life in "How to be a Blessed and Happier Woman." Discover practical tips for gratitude, mindfulness, and self-care, empowering you to navigate challenges with resilience and find joy in every day. Join us for a transformative journey to embrace blessings and cultivate lasting happiness.

Datin Angie Kuo, President of Persatuan Kebudayaan & Kesenian Wanita, Malaysia (PKKWM) 大馬巾幗世界聯誼會主席

**subject to changes*



3:15PM - 3:25PM

Qi Flow Breathing

Qi Flow Breathing enhances well-being through mindful breathwork. Cultivate vitality, reduce stress, and improve focus with this holistic practice, promoting a harmonious flow of life energy.

Chi

Health Coach, Health Coach International, Certified People's Yoga Instructor, Chi Yoga



3:25PM - 3:30PM

March Blossoms: A Dance of Beauty 妳像三月桃花开

Chinese Cultural Dance

Persatuan Kebudayaan & Kesenian Wanita, Malaysia Dance Group



3:30PM - 4:00PM

Rediscovering Passion and Purpose in Your Second Act

"Rediscovering Passion and Purpose in Your Second Act" inspires women over 50 to embrace new possibilities. Jessica See, who started Health Coach International at age 48, explores the transformative potential of midlife, guides you through self-discovery, rekindling passions, and identifying a renewed sense of purpose. You will be empowered to navigate this chapter with enthusiasm, fulfillment, and a zest for life!

Jessica See

Certified Health Coach, Clinical Nutritionist & Stress Consultant, Health Coach International



4:00PM - 4:10PM

Qi Flow Movement

Qi Flow Movement is a dynamic practice blending gentle exercises and mindful movements. Enhance flexibility, balance, and inner harmony through this holistic approach, fostering a flowing connection between body and mind.

Chi

Health Coach, Health Coach International, Certified People's Yoga Instructor, Chi Yoga



4:10PM - 4:40PM

Navigating Health and Wellness After 50

In "Navigating Health and Wellness After 50", Patrick YC Lim empowers women with insights into tailored health strategies for their golden years. He delves into physical and mental well-being, discussing exercise, nutrition, and mindfulness practices. With a focus on preventive care, you will discover how to prioritize health, vitality, and quality of life in your post-50 journey.

Patrick Lim

Certified Health Coach, Health Coach International, Quit Smoking Consultant of Singapore Health Promotion Board



4:40PM - 4:45PM

5-Min Beauty Boost

"5-Min Beauty Boost" is a fast beauty session for busy people. Learn quick tips for a fresh and confident look in just a few minutes.

Medi Beaute Sdn Bhd



4:45M - 5:10PM

Ageless Beauty: Redefine The Art of Lifting - 12D HIFU & Bojin

This talk empowers ladies to have a new perspective towards aging. To defy the effects of gravity and signs of aging, learn a fantastic way that can redefine lifting, increase elasticity and luminosity to have a glowing skin.

Discover a new way in harmonising the East and West elements by harnessing the advanced technology of 12D HIFU and therapeutic effects of Bojin.

Dr Sean Tan, Medi Beaute Sdn Bhd



5:10PM - 5:15PM

Gesang Dance 格桑拉舞蹈

Chinese Cultural Dance

Persatuan Kebudayaan & Kesenian Wanita, Malaysia Dance Group



5:15M - 5:30PM

Celebrating International Women Day

- 1) Lucky Draw x 3 prizes (by Medi Beaute)
- 2) Distributing Gift to participants (goodie bag)

Emcee



**SCAN
&
RSVP**

or you can click this link to register:

<https://empowerhersymposiumregistration.peatix.com>

**subject to changes*

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