



8 - 10 March
SCCC, SHAH ALAM
Setia City Convention Centre



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

Strategic Partner

FIRESIDE CHATS

20 subject matter experts will delve into essential topics concerning Health, Wealth, Retirement, Social Connection, and Technology, specifically tailored for seniors.



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&
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OR CLICK THIS LINK TO REGISTER:

<https://firesidechatsregistration.peatix.com>

FIRESIDE CHATS

Join our Fireside Chats at the **Malaysia 50+ Expo**, where we explore the heart of **"The Best Chapter of Life."** These chats bring you close to the wisdom of our panelists, creating an intimate space for meaningful conversations. Celebrate **"The Best Chapter of Life"** with us as we gather around the virtual hearth for discussions on well-being, positive aging, retirement and lifestyle. Get ready for inspiring stories and expert insights, taking you beyond the surface to make this chapter truly extraordinary.

LEVEL 1

ROOM A2 : HEALTH & LIFESTYLE PLANNING

FRIDAY (8 MARCH 2024)

10:30AM - 11:30PM



Jessica See



Bama Menon



Dr Zariah Zain



Fuziana

Women After 50: Midlife Quest or Crisis?

1) Midlife Crisis in Women

- Is midlife crisis a myth or reality?
- What does midlife crisis look like in women?

2) It's partly physiological

- During perimenopause and menopause, changing hormones can cause or contribute to the problem. Declining estrogen and progesterone levels can interfere with your sleep, make your moods vacillate, and reduce your energy levels. Menopause can also cause memory loss, anxiety, weight gain, and decreased interest in things you used to enjoy.

3) It's partly emotional

- By the time you reach middle age, it's likely that you will have experienced some trauma or loss. The death of a family member, a significant change in your identity, divorce, physical or emotional abuse, episodes of discrimination, loss of fertility, empty nest syndrome, and other experiences may have left you with a persistent sense of grief. You may find yourself questioning your deepest beliefs and your most confident choices.

4) And it's partly societal

- Like many women, you may feel invisible once you reach middle age. You may feel pressure to mask the signs of advancing age. You may be struggling to care for your children and your aging parents at the same time. You may have had to make difficult choices about family and career that men your age did not have to make. And divorce or the wage gap may mean you have chronic financial anxieties.

5) Interactive Q&A Session

7:30PM - 8:30PM



Dr Joseph Wong



Annie Wong



Shing Yee Ling



Jennifer Chua

Retirement Finances: Smart Investments & Security

1) Strategies for Financial Management in Retirement:

- Discuss effective budgeting and financial planning strategies tailored for retirement.
- Explore ways to maximize income and minimize expenses during the retirement phase.

2) Exploring Senior-Friendly Investment Options:

- Delve into investment choices suitable for seniors, considering risk tolerance and financial goals.
- Discuss diversified investment strategies to safeguard and grow retirement funds.

3) Navigating Pension Plans and Social Security:

- Address common concerns and misconceptions surrounding pension plans and social security.
- Discuss strategies for optimizing benefits and making informed decisions regarding these income sources.

4) Interactive Q&A and Financial Planning Tips

**subject to changes*

FIRESIDE CHATS

LEVEL 1

ROOM A2: HEALTH & LIFESTYLE PLANNING

SATURDAY (9 MARCH 2024)

10:30AM - 11:30AM



Azhar Iskandar Hew



Dr Olivia Tan



Dr Jane Chang



Lily Fu

Legacy and Giving Back: Crafting a Meaningful Impact

1) The Art of Leaving a Positive Legacy:

- Discuss the various ways seniors can leave a lasting and positive impact on future generations.
- Explore personal anecdotes or examples of impactful legacies.

2) Philanthropic Opportunities for Seniors:

- Highlight diverse philanthropic avenues available to seniors, considering both time and resources.
- Discuss the potential benefits and rewards of engaging in charitable activities.

3) Creating a Meaningful Legacy:

- Delve into the significance of crafting a legacy that reflects one's values and passions.
- Discuss strategies for aligning personal values with philanthropic endeavors.

4) Personal Stories of Lasting Impact:

- Share inspirational stories of individuals who have made a meaningful impact through their legacies.
- Encourage participants to reflect on their own aspirations for leaving a positive mark on the world.

5) Interactive Q&A Session

11:45AM - 12:45PM



Dr Joseph Wong



Jocelline Chee



Azhar Iskandar Hew



Farah Deba

Senior Legal and Estate Planning: Securing Your Legacy

1) The Importance of Wills and Estate Planning:

- Discuss the fundamental role of wills and estate planning in securing one's assets.
- Explore the benefits of early planning and considerations for updating documents.

2) Navigating Legal Considerations for Seniors:

- Explore key legal considerations specific to seniors, including power of attorney and healthcare directives.
- Discuss the legal tools available for ensuring individuals' wishes are honored in various situations.

3) Addressing Inheritance and Family Financial Planning:

- Discuss common questions and concerns related to inheritance for seniors and their families.
- Provide guidance on family financial planning, emphasizing open communication and transparency.

4) Interactive Q&A Session

7:30PM - 8:30PM



Sherrie Eitler



Jessica See



Jetson Hoo



Patrick Lim

Look Good, Feel Great After 50

1) Move it or Lose it:

- Explore age-appropriate exercises and activities that contribute to physical well-being and looking good.
- Discuss the importance of staying active and maintaining mobility.

2) Eat, Enjoy & Stay Young:

- Delve into the significance of a balanced diet and nutritional choices for seniors.
- Provide guidance on lifestyle choices and habits that support long-term health.

3) Social Connection for Longevity:

- Address strategies for maintaining mental sharpness and cognitive function.
- Emphasize the role of social interactions, emotional connections, and community engagement in overall wellness.

4) Power of Sleep:

- Explore proactive measures for common age-related issues, including regular health check-ups.
- Discuss the importance of preventive care and early detection.

5) Interactive Q&A Session

**subject to changes*

FIRESIDE CHATS

LEVEL 1

ROOM A2: HEALTH & LIFESTYLE PLANNING

SUNDAY (10 MARCH 2024)

9:30AM - 10:30AM



Jetson Hoo



Dr Olivia Tan



Ainaa Nadiyah Binti
Abdul Rahaman



Lyn Ooi

Navigating Technology for Seniors: From Hearing Aids to Smart Devices

1) Technology Enhancing Senior Living:

- Explore the role of technology in improving the quality of life for seniors.
- Discuss the positive impact of innovations like hearing aids and other assistive devices.

2) Finding the Right Hearing Aid:

- Share sound success tips for seniors seeking the right hearing aid.
- Discuss easy-to-follow strategies for navigating the options available in the market.

3) Adapting to Smart Devices:

- Discuss the benefits and challenges of incorporating smart devices into daily life.
- Provide tips on adopting and using smartphones, tablets, or other gadgets for improved connectivity.

4) Interactive Q&A Session

10:45AM - 11:45AM



Jetson Hoo



Dr Nyon Sie Yun



Jessica See



Patrick Lim

Rediscovering Joy, Regaining Health

1) Six Pillars of Health

- Discuss holistic lifestyle strategies for managing stress in daily life.
- Share tips on incorporating stress-relief activities into a senior's routine.

2) Turning Stress into Positive Energy

- Explore the unique stressors that seniors may face.
- Discuss the physiological and mental effects of stress on aging.

3) Mindlessly Eating Healthier

- Integrate mindful eating practices into the discussion, emphasizing their impact on overall well-being.
- Explore the connection between nutrition, mindfulness, and promoting longevity in senior years.

4) Joyful Movement

- Benefits of exercise for stress

5) Interactive Q & A Session:

12:00PM - 1:00PM



Dr Zariah Zain



Dr Joseph Wong



Jessica See



Lily Fu

Thriving Transitions: Embracing Change and Joy in Retirement

1) Emotional Aspects of Retirement:

- Discuss the emotional challenges and adjustments associated with retirement.

2) Discovering Purpose:

- Explore ways to find and cultivate a sense of purpose in the senior years.

3) Positive Embrace of Change:

- Share practical strategies for embracing change positively during retirement.

4) Cultivating Joyful Transitions:

- Highlight success stories, personal insights, and practical tips for creating a joyful and purposeful retirement.

5) Interactive Q&A Session

**subject to changes*

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