



8 - 10 March

SCCC, SHAH ALAM

Setia City Convention Centre

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

EXCLUSIVE PROGRAMME

RETIREMENT INSIGHT:

**“SECURE OUR
TOMORROW”**

SEMINAR

**9 & 10 March
2:00pm – 5:00pm**

Special Guest Speaker

**Post Covid &
What's Next**

**Tan Sri Dato' Seri
Dr Haji Noor Hisham Bin Abdullah,
Chairman of UCSI Hospital**



SESSION 1

9 MARCH (SATURDAY) 2:00PM – 5:00PM

SPEAKERS ON THE ROSTER



Mr Alvin Tan Chin Cherng (2:05pm – 2:25pm)

President of Financial Planning Association of Malaysia

50 is the New 30

Embrace turning 50 as both a challenge and opportunity. Focus on financial needs, health, lifestyle changes, legacy planning, wealth distribution, and avoid common pitfalls for a fulfilling 50-friendly life.



Puan Farah Deba Mohamed Sofian (2:30pm – 2:50pm)

TEP, Chair of STEP Malaysia

Inheritance & Succession: What are the issues in estate planning if you wish to secure the future of your next generation?

Drafting a will is crucial, but understanding inheritance laws is equally vital. Executors play a key role in transferring assets to loved ones. Explore options beyond will writing for effective fund management and distribution.



Tan Sri Dato' Seri Dr Haji Noor Hisham Bin Abdullah

(3:05pm – 3:25pm) Chairman of UCSI Hospital

Post Covid and What's Next

The COVID-19 crisis underscores the importance of coordinated global responses, emphasizing "no one is safe until everyone is safe." Lessons learned should enhance health system preparedness, particularly for vulnerable groups.



Assistant Professor Dr Teo Chiah Shean (3:35pm – 3:55pm)

Medical Director of T&CM, UCSI Hospital

T & CM and Cancer Treatment

TCM enhances cancer care by relieving symptoms with herbal therapy, acupuncture, and moxibustion. It improves well-being, addressing pain, fatigue, nausea, vomiting, and loss of appetite. Consulting qualified TCM practitioners is crucial for personalized treatment.



Dr Rishikesan Kuppusamy (4:00pm – 4:20pm)

Consultant Neurologist of Pantai Hospital Kuala Lumpur. Head of Medical Advisory Council, Woodrose Healthcare.

Dementia... What is it? What can I do about it?

General definition of the syndrome, types of Dementia, how to diagnose, brief outline on disease mimickers, treatment and preventive measures



Dr Johnben Loy (4:25 – 4:45pm)

Founder and Clinical Director of Rekindle Centre

Living Better, Not Just Longer: Psychological Wellbeing After 50

As people worldwide live longer, the W.H.O. notes a discrepancy: longer lifespans don't always mean better quality of life. Psychological well-being is key. Dr. Johnben's talk offers insights and tips to enhance mindset, promoting not just longevity, but also improved living standards.



ASP Foo Chek Seng (4:50pm – 5:10pm)

Pangkat Polis DiRaja Malaysia (PDRM) & Jabatan Pencegahan Jenayah Dan Keselamatan Komuniti (JPJKK)

Safety ABC

We do hear about people being robbed, while others being scammed. It could be our relatives, our friends or even our family members. Don't fall into their tricks. Let's do it together in 3 simple steps, as easy as ABC. Stay Safe as simple as ABC

SESSION 2

10 MARCH (SUNDAY) 2:00PM – 5:00PM

SPEAKERS ON THE ROSTER



Puan Balqais Yusoff (2:05pm – 2:35pm)
Head of Policy & Strategy, EPF

Will Your Nest Egg be Enough? Retirement Challenges and Solutions

This talk delves into the diverse aspects of retirement, addressing challenges and offering practical advice for navigating the golden years. Attendees will gain knowledge to safeguard their nest egg, with insights on utilizing the EPF for managing retirement savings and meeting lifelong needs through its diverse offerings.



Mr Delren Douglas (2:40pm – 3:00pm)
President of AgeCope, Malaysia

To Age or Not to Age

Age or not, the cost and needs of care prompt reflection. Amidst diverse options like aging at home or in retirement communities, AGECOPE explores preparing for various senior living scenarios in Malaysia.



Puan Nor Fazlina Binti Mohd Ghouse (3:15pm – 3:35pm)
Chief Executive Officer, Maybank Trustees Berhad

Navigating Your Future with Holistic Retirement Solutions

"Holistic Retirement Solutions" highlights the significance of comprehensive estate planning, including power of attorney and trusts, before retirement. It emphasizes psychological readiness for retirement phases, navigating freedom, losses, trial and error, and reinvention.



En Usman Bin Hj Hamid (3:40pm – 4:00pm)

Head Business Development, Amanah Raya Berhad

Securing Your Future by Legacy Planning

1. What is Legacy Planning.
2. An overview of Legacy and Estate Planning.
3. Roles and Function of AmanahRaya in Estate Administration and Legacy Planning.
4. Instruments and process of Legacy Planning.
5. Advantages of AmanahRaya in Legacy Planning.



Ms Lily Fu (4:05pm – 4:25pm)

Gerontologist and Founder of SeniorsAloud

Social Interaction – An Essential Pillar to Ageing Well

Social connection enhances retirement life. This talk addresses the impact of social isolation on health and offers insights into maintaining engagement through healthy group activities, combating loneliness and depression in post-retirement years.



**SCAN
&
RSVP**

<http://bit.ly/RetirementInsightRSVPForm>

For this seminar, seating is limited to 200 on a 1st come, 1st served basis.
For more information, please contact: enquiry@asiatradeexposition.co

Thank You Our Partners:

Golden Joy Partner:

Panasonic

Silver Fun Partners:



Strategic Partners:



Official Ambulance:

Supporting Partners:



Lions Healthcare Carnival Supporting Partners:

