



2010 First Series

Wellness

“Wellness is the integration of body, mind and spirit— the appreciation that everything you do, think, feel and believe has an impact on your state of health”

Speaker

Datin Dr Norazizah Mohd Taib is a medical practitioner managing primary care practices promoting total health management and community wellness.



She graduated with MBBS from the University of Queensland, Australia and established a successful family practice in Kuantan, Pahang and Bangi in Selangor.

She is a pioneer member in the Society for Anti-aging and Aesthetic Medicine Malaysia, participating in yearly international conference and workshops within this new exciting science of the Anti-Aging medicine. Focusing on our goal for successful aging, Dr. Nor integrates fitness module and nutrition knowledge in her training programs besides personalized consulting and counseling.

Her current project as the CEO of Medinor OneHealth Centre in Putrajaya undertakes to establish the Wellness industry in the form of Workplace Health and Wellness consulting, to bring the culture of health into the organization through lifestyle management.

Women Wellness Seminar 19th February 2010 (Friday) Palm Garden Hotel, IOI Resort

Women Wellness— Series 1

- Women's Longevity
- Know Your Hormones
- Nutrition Knowledge & Anti Aging Diet
- Fitness & Health

Women Wellness—Series 11

- Breast Health
- Gyne Health
- Family Health Risks
- Prevention & Vaccines
- Stressed? Burnout?

Rejuvenate with Drama Therapy—Suhana Hamdan (Dramatheraphy Consultant)

Call Now to Reserve Your Seat

Tel: 03-8926 3363

www.medinor1health.com.my

“Our Road to Health and Wellness starts from your own balanced physical, emotional, mental and spiritual wellbeing.

Our programs will empower you to maintain your health and wellbeing to achieve fulfillment and successful aging. We are introducing a new dimension of de-stressing through Drama Therapy that will energize your spirit. Through personal wellness women has the capacity to promote family wellness, and consequently champion community wellness.”

Datin Dr Norazizah Mohd Taib

“Our Mission
PROMOTE health awareness
CREATE initiatives
MOTIVATE healthy lifestyle

Organized by:

Life fit Age well

