

**SENIORS' TALKSHOP PROGRAMME – LIST OF TALKS**

No	Training Topics	Synopsis
1	Ageing Gracefully (English & Mandarin)	<p>Ageing is a complex process. This talk looks at the myths surrounding the process of ageing.</p> <p>At the end of the session, participants will understand the process of normal ageing and how to be more socially active and productive. The speaker will also share practical examples with participants on ageing successfully.</p>
2	Balance Exercise to Prevent Falls (English & Mandarin)	<p>There are a number of factors that cause older people to fall. One of the factors is poor body balance.</p> <p>Body balance is controlled by the coordinated actions of a number of different body systems including the eyes, ears, muscles and joints.</p> <p>However as you get older, these systems may become less efficient and this can disrupt your stability and mobility. This talk will discuss how the body controls balance, the consequences of poor balance and the type of exercises you can do to improve balance control and reduce your risk of falling.</p>
3	Creating a happy mind in your golden years (English ) *available from Oct 09 onwards	<p>To enjoy a meaningful and happy golden years, we need to take care of our mental well being. This talk covers scope and importance of mental well being in aging, psychological impact of ageing process, skills and abilities to manage the impact.</p>

4	Move It or Lose it! Exercise and the Older Persons (English & Mandarin)	<p>This highly interactive and fun-filled talk will provide seniors/participants with practical approaches and tips to achieving health and wellbeing.</p> <p>At the end of the session, participants will understand more about the benefits of exercise, general safety precaution when exercising and the different types of exercises. The speaker will also lead the participants to perform some simple strengthening and stretching exercises!2007</p>
5	Eating Well! Nutrition for the Older Persons (English and Mandarin)	<p>Adequate nutrition is an important part of ageing well. As we age, our bodies are less able to absorb nutrients so it becomes more important that we eat well. This talk will cover how older persons should eat for optimal health and how to overcome some common barriers faced by older person to consuming and maintaining a good diet.</p>
6	Saying No, Your Choice – Assertive skills for the older person (Engilsh & Mandarin)	<p>Old age is often associated with dependency and a loss of the ability to make one’s own decisions. Families often start to make decisions on behalf of, not with, the older person, often thinking they have the older person’s best interested at heart. This talk covers:</p> <ul style="list-style-type: none"> <li>• Deciding which responsibilities to accept</li> <li>• Assertiveness skills</li> <li>• Obstacles to being assertive</li> <li>• Appreciating self and own needs</li> </ul>
7	Ties that Bind – How to nurture relationship with your adult children (English)	<p>Relationships can bring us the utmost pleasure and satisfaction but it can often times be painful and agonising as well.</p> <p>This talk will examine how factors such as life stages, communications, ageing process can have an impact on the quality of our family life particularly with members from a different generation and give tips on how to nurture and build a more peaceful and harmonious relationship.</p>

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