



15th July 2022

Kelab Ipoh DiRaja (Royal Ipoh Club) – **CLUB HIGHLIGHTS!**

Dear Esteemed Members,

MEN'S HEALTH MATTERS

We are delighted to announce that the Royal Ipoh Club in Partnership with Rotary Club of Greentown bring you a Talk on Health & Mental Well-being mainly with the objective of promoting Mental Health, Emotional Wellbeing and Resilience, with a special focus on Men.

The talk is scheduled to be held as follows:

**(Flyer is as attached)*

Day / Date	: Sunday, 31 st July 2022
Time	: 9:00 am – 2:00pm
Venue	: Azlan Shah Hall @ Royal Ipoh Club
Dress Code	: Smart Casual (Collared Shirt / Long Pants / Covered Shoes)

***Admission is free and Light Meals will be provided.**

All Royal Ipoh Club Members are welcome to attend this special talk. As seats are rather limited, we strongly recommend that you Register your attendance by contacting the Reception Counter at 05-254 2212 latest by Sunday, 24.07.22

We look forward to seeing you there!

BY ORDER OF THE MANAGEMENT COMMITTEE



Rotary
Club of Greentown



Rotary Club of Greentown in Partnership with Royal Ipoh Club bring you a Talk on

MEN'S HEALTH MATTERS

A forum on health and mental well-being

DATE: SUNDAY | JULY 31, 2022

TIME: 9AM - 2PM

VENUE: AZLAN SHAH HALL, ROYAL IPOH CLUB

DRESS CODE: SMART CASUAL

(COLLARED SHIRT, LONG PANTS & COVERED SHOES)

Kindly register by July 27, 2022

Limited seats are available

**ADMISSION IS FREE AND
LIGHT MEALS WILL BE PROVIDED**

**FOR MORE INFO CONTACT:
FRANCIS | 012-5887128
ROYAL IPOH CLUB | 05-2542212**



Rotary
Club of Greentown



Our Panel of Speakers:



PSYCHOLOGICAL CHANGES IN MEN

Dr Arunakiri a/l Muthukrishnan
Consultant Psychiatrist, Hospital Bahagia Ulu Kinta

PROSTATIC HEALTH IN MEN

Dr George Choo Eang Leng
Consultant Urologist, Pantai Hospital Ipoh



EFFECTS OF MUSCLE AGING IN MEN

Dr Harnek Singh Badeshae
Consultant Physician & Geriatrician, Pantai Hospital Ipoh



MALE MENOPAUSE: MYTH OR REALITY

Dr Monesh Pillai
Primary Care Physician, Klinik Manalan



EMPTY NEST SYNDROME

Dr Jananee Muniandy
Primary Care Physician, Klinik Manalan



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Rotary Club of Greentown meets on
2nd & 4th Mondays of every month
at Royal Ipoh Club