



Family Practice Skills Course #65

Self Care Techniques

Sat, 30 January 2016: 2.00pm - 5.30pm

Sun, 31 January 2016: 2.00pm - 5.30pm

College of Medicine Building, Auditorium Level 2,
16 College Road, Singapore 169854

TOPICS

- Unit 1: Work Stress Management
- Unit 2: Mindfulness techniques
- Unit 3: Positive psychology strategies
- Unit 4: Emotional regulation
- Unit 5: Achieving better sleep
- Unit 6: Achieving social connectedness

WORKSHOPS

Day 1: Mindfulness based stress reduction techniques

Day 2: Emotional regulation

SPEAKERS

- Dr Lawrence Ng
- Dr Jean Cheng
- Dr Tan Wee Chong
- Dr Tan Wee Hong
- Dr Janet Chang
- Dr Lim Hui Khim

SEMINARS (2 Core FM CME points per seminar)

Seminar 1 • Unit 1 - 3: Sat, 30 Jan 2016 (2.00pm - 4.00pm)

Seminar 2 • Unit 4 - 6: Sun, 31 Jan 2016 (2.00pm - 4.00pm)

WORKSHOPS (1 Core FM CME point per workshop)

Day 1: Sat, 30 Jan 2016 (4.30pm - 5.30pm)

Day 2: Sun, 31 Jan 2016 (4.30pm - 5.30pm)

* Registration is on first-come-first-served basis.

Seats are limited.

Please register by 25 Jan 2016 to avoid disappointment.

DISTANCE LEARNING MODULE

(6 Core FM CME points upon attaining a minimum pass grade of 60% in online MCQ Assessment)

- Read 6 Units of study materials in The Singapore Family Physician Journal and pass the online MCQ Assessment.

This Family Practice Skills Course is organised by
College of Family Physicians Singapore.



All information is correct at time of printing and may be subject to changes.

REGISTRATION

Self Care Techniques

**FREE
REGISTRATION
for College
Members!**

Please tick (✓) the appropriate boxes

	College Member	Non Member
Seminar 1 (Sat)	<input type="checkbox"/> FREE	<input type="checkbox"/> \$21.40
Seminar 2 (Sun)	<input type="checkbox"/> FREE	<input type="checkbox"/> \$21.40
Workshops (Sat-Sun)	<input type="checkbox"/> FREE	<input type="checkbox"/> \$42.80
Distance Learning (MCQ Assessment)	<input type="checkbox"/> FREE	<input type="checkbox"/> \$42.80
TOTAL		

All prices stated are inclusive of 7% GST. GST Registration Number: M90367025C

I attach a cheque for payment of the above, made payable to: **College of Family Physicians Singapore** *

Cheque number: _____

Signature: _____

*Registration is confirmed only upon receipt of payment. The College will not entertain any request for refund due to cancellation after the registration is closed OR after official receipt is issued (whichever is earlier).

Name: Dr _____

MCR No: _____ NRIC No: _____

(For GDFM Trainee only) Please indicate: _____ intake

Mailing Address: (Please indicate: Residential Practice Address)

E-mail: _____

Tel: _____ Fax: _____

Note: Any changes to the course details will be announced via e-mail. Kindly check your inbox before attending the course. Thank you.

Please mail the completed form and cheque payment to:

College of Family Physicians Singapore

16 College Road #01-02, College of Medicine Building, Singapore 169854

Or fax your registration form to: 6222 0204