



Continuing Professional Development Lecture

Mental Well Being and Self Care (Part 1)

25 January 2023

Synopsis

Since the pandemic, mental well-being has been thrust into the limelight even more. It has become a premium we all want. Ever want to know how to do that?

At the end of this talk, participants will be able to:

- Understand the importance of mental well being
- Learn how to incorporate self care routine into your daily life

Speaker

Dr Evelyn Boon PhD
Senior Principal Psychologist
Head, Psychology
Singapore General Hospital

Evelyn has worked in the mental health field since 1995 and is currently Head of Psychology at SGH. She started her career in the field of addictions and now specialises in body image, eating disorders, diabetes and trauma. She is trained in various therapeutic approaches, including hypnotherapy and Eye Movement Desensitisation and Reprocessing. She is passionate in advocating for mental health and well-being as well as creating more understanding of mental illnesses.

Quick Links

[FAQs](#)
[PGAHI Programmes](#)
[Training Calendar and Directory](#)

Lecture Details

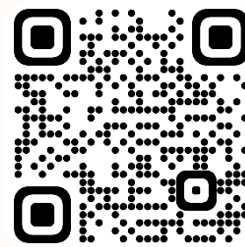
Date : **25 January 2023, Wednesday**
Duration : **60 minutes**
Time : **6.00 pm – 7.00 pm**
Fee : **Complimentary**
Platform : **Zoom Cloud Meetings**

Target Audience

Allied health professionals, doctors and nurses.

Registration

To register (Internet access is required), scan the QR code or click on the web link. Registration closes on **26 December 2022, Monday**.



<https://form.gov.sg/6358c6ae23353000124c15c1>

Upon registration, you agree to the following [Terms & Conditions](#).

Zoom Capacity: 500

This lecture will be conducted via [Zoom Cloud Meetings](#) app. For ease of accessing the lecture, please download/update Zoom Cloud Meetings app.

Details of the lecture meeting link will be sent to the successful registrants nearer the lecture date.