

# HEALTHY BODY, HEALTHY PERISTOMAL SKIN

 DATE  
**26 MARCH 2022 (SAT)**

 TIME  
**10AM – 12PM**

 VENUE  
**AMARA SINGAPORE (First 25 sign up)  
& ZOOM WEBINAR**

## SYNOPSIS

While it's important to have a healthy body and healthy mind, we should not neglect our peristomal skin health. By taking care of your stoma with a good change routine and doing suitable exercises, there is a good chance you can reduce some of the problems you might otherwise have had in relation to leakage.

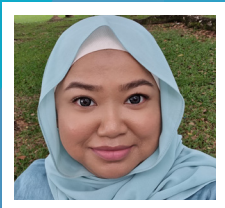
In this session, our speakers will share their insights on maintaining a healthy lifestyle with the right ostomy appliance-change routine and the types of exercises that are suitable for ostomates.

## SPEAKERS



**ARC: SIMPLIFYING  
LIVES OF  
OSTOMATES**

**MS ANGELA LIEW**  
BScN, RN, WCET  
Nurse Clinician



**AN ACTIVE  
LIFESTYLE EVEN  
AFTER SURGERY**

**MS AZIZAH AZMAN**  
Ostomate living with  
Colostomy



**GET UP! WORKOUT  
LIVE DEMO WITH  
EXERCISE LOOP  
BAND**

**COACH FONG LUM**  
Personal Trainer  
Skyfit

- Our speakers will address your questions during the Q&A session at the end of the event
- 1 CPE point will be awarded by SNB
- For enquiries, please contact us at [sgcare@coloplast.com](mailto:sgcare@coloplast.com) or +65 6235 5933

SCAN QR CODE



TO REGISTER  
<https://bit.ly/CP-OAS-1>

*First 25 pax to register  
gets to attend the event  
live at Amara Hotel*

- Product hands-on workshop
- Lunch provided
- Exclusive Coloplast goodie bag
- Wear the newly launched SenSura® Mio to the event and stand to win 1 month supply. Find out how to request for sample at the back page.



**FREE Coloplast Exercise  
Loop Band & Hand Towel  
for early registrants!\***



\* While stocks last.

**March is Colorectal Cancer Awareness Month**

Pledge your support by wearing **BLUE** on 19 March 2022.

Remember to **Hashtag #OASCCAM** and tag us on your socials!

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