

HEALTHY LIFESTYLE BEGINS WITH A HEALTHY DIET

SYNOPSIS

Who says that having an ostomy, one has to give up on gastronomy?
In general, the food that was good and healthy for you before your surgery is still good for you – and the same goes for the more unhealthy options.

At this session, you will learn from Principal Dietitian, Wong Hui Xin, on the different types of food and their suitability for ostomates. After that, join our brand ambassador, Debbie Koh, on an appetizing journey of how-to-cook a Cheese Baked Rice!

LIMITED SEATS AVAILABLE AT LIVE EVENT!

- Hands-on cooking session^ (first 15 sign-ups)
- Refreshments provided
- Exclusive Coloplast goodie bag

^Preparation tables are shared and food is non-Halal

SPEAKERS:



EATING WELL AFTER OSTOMY SURGERY

MS WONG HUI XIN
BSc Dietetics, Principal Dietitian of Healthier U



MODERATOR

MS IRIS ONG
BSc Nursing, WCET Certified, Nurse Clinician



COOKING DEMO: CHEESY CHICKEN BAKED RICE

MS DEBBIE KOH
Ostomate living with Ileostomy

- 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 or call 6235 5933 / 9296 8618

PATIENT AND HCP EDUCATION SERIES FOR OSTOMATES AND NURSES



DATE

10 SEPTEMBER 2022 (SATURDAY)



TIME

10AM – 12.30PM



VENUE

THE PROVIDORE COOKING STUDIO
(OUE Downtown Gallery)
& ZOOM WEBINAR

SCAN QR CODE



TO REGISTER
<https://bit.ly/Sep22Care>



FREE
Coloplast Apron
for early registrants!*

* While stocks last.

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