

Date/Day: 23rd April 2015, Thursday
Time: 12.30 - 1.30 pm
Venue: TLL Auditorium
Fees: Free

Diet & Cancer: Prevention is better than Cure

Cancer is becoming increasingly prevalent in our day and age and one wonders if it's just inevitable or whether something can be done in terms of diet and lifestyle to prevent it. This talk will present the latest findings in terms of dietary choices that are protective against a variety of cancers. The issue of organic foods will also be addressed.

Cancer talk brought to
you by: **Eat Right*** Making
Nutrition
Work

Registration closes on **17 April 2015!**

*Prizes could be won during Q & A session!



Speaker: Ms Jean Tong
Nutritionist

Ms Jean Tong is an Associate Nutritionist in the United Kingdom (UK) with the Association of Nutrition UK Voluntary Register of Nutritionists (UKVRN). Jean is also a Licentiate Member of the Singapore Institute of Food Science and Technology (SIFST).

Jean strongly believes that prevention is better than cure and hence, healthcare should be more focused on nutrition and wellness, rather than on curative means of illnesses. To this end, she wants to fully utilize her nutrition knowledge and skills to contribute to the well-being of individuals in the community.