



# 10<sup>TH</sup> MALAYSIAN HYBRID CONFERENCE ON HEALTHY AGEING

*Holistic Healthy Ageing*

## THEME

10 PILLARS TO LIVING LONGER, HEALTHIER AND BETTER

20<sup>th</sup> to 22<sup>nd</sup> October 2021

Venue : BAYVIEW HOTEL GEORGETOWN, PENANG



IN COLLABORATION WITH PENANG STATE GOVERNMENT

SUPPORTERS



Australian Government  
Australian Trade and Investment Commission



# WELCOME NOTE

Welcome to the 10th Malaysian Conference on Healthy Ageing (MCHA). We are proud to declare that the conference is now in its 20th year. Not only has it stood the test of time, the Malaysian Health Ageing Society (MHAS) has also played a major role in creating networks and collaboration with the World Congress on Health Ageing and the ASEAN Congress on Health Ageing.

This year's theme is "Holistic Healthy Ageing: 10 Pillars to Living Longer, Healthier and Better". The Scientific programme promises to be engaging, covering a variety of relevant topics which highlight the important tips on how to live well, promote healthy and successful ageing while providing a bit of something for everyone.

We are delighted that the conference is being held in Penang, a vibrant state which offers everything from picturesque sites, lovely beaches, engaging nightlife and delightful food that reflects its multicultural heritage. We would certainly want to make sure that you attend as many sessions as possible that you can, but do make time to visit all the lovely sights and attractions on this beautiful island too.

The World Health Organization has declared 2021-2030 the Decade of Health Ageing. Therefore, it is only apt that as the MCHA enters its third decade, we pay tribute to the founders of this movement. Our history began 20 years ago with the 1st Malaysian Conference on Health Ageing, at the Universiti Putra Malaysia by Prof Nathan Vytialingam and Dr Rajbans Singh. With his indefatigable spirit and infectious passion, Prof Nathan has brought many of us together to serve the society and the conferences organized. This has grown from strength to strength; carrying with it important values on healthy ageing and transforming it into the glorious event it is today. Thank you, Prof Nathan for your devotion to this cause!

Finally, it is not going to be easy to choose which breakout session to go to, so choose wisely. Don't go anywhere during break times, as it an important time to form friendships and networks. We hope you find lifelong collaborators at this event which will become the start of future innovations and ventures that continue to promote healthy ageing in our nation.

## **Organizing Chairperson**



Datuk  
**Dr Ganabaskaran Nadason**



Professor  
**Dr Tan Maw Pin**

It is with great pleasure that we welcome your participation in the 10th Malaysian Conference on Healthy Ageing.(MCHA) We are living in unprecedented times when now more than ever, a concerted global action on healthy ageing is needed. Currently, more than 1 billion people aged 60 years or older, living in low- and middle-income countries are facing challenges in achieving a healthy life of meaning and dignity. Many others still face multiple barriers that prevent their full participation in society. The COVID-19 pandemic has highlighted the seriousness of existing gaps in policies, systems and services affecting older and vulnerable members of our society. Despite this, we have also been proud to witness the power of resilience by many in our communities.

To celebrate our continued hope for the future and rise to the challenges before us, this year's programme is aptly themed 'Holistic Healthy Ageing': the ten pillars to Living Longer, Healthier and Better. This will cover all significant aspects of healthy ageing, with an emphasis on how to remain healthy and engaged now and into in our old age. The topics were chosen carefully to reflect a more holistic perspective from speakers whose expertise range from physical, nutritional, emotional/mental wellbeing, to social wellness and engagement as well as environmental aspects of ageing. With the aim of addressing needs of the individual, neighbourhood and the larger community; we present you with an interesting selection of symposiums, lectures and workshops that will derive views and opinions from experts who are community members, leaders, NGOs, societies and advocates of healthy ageing from various healthcare-related industries.

This conference will offer you the opportunity to engage and network with like-minded members of the community and other delegates, and gain new insights, inspiration and strategies for living healthier, longer and better.

On behalf of the Scientific Committee, we look forward to meeting you at this exciting conference!

## **Scientific Chairperson**



Professor  
**Dr Shahrul Bahyah Kamaruzzaman**



**Dr Wong Teck Wee**

# ABOUT THE ORGANIZER

10th Malaysian Conference on Healthy Ageing (MCHA) is organized by the Malaysian Healthy Ageing Society (MHAS). The Malaysian Healthy Ageing Society (MHAS) is a non-profit organization dedicated to educating physicians, scientists, members of the public on numerous healthy ageing issues. MHAS was also instrumental in organizing the first Malaysian Conference on Health Ageing MCHA in 2001.

MHAS's primary objective is to create public awareness for enhancement of the quality of life. MHAS continuously organises programmes to inform physicians, scientists, and members of the public on advancement in medical sciences and biomedical technology to detect, prevent and treat age-related diseases.

## ORGANIZING COMMITTEE

### ADVISOR

**Professor Nathan Vytialingam**

*Dean, School of Occupational Therapy at Perdana University*

### >> ORGANISING CHAIRPERSON

**Datuk Dr Ganabaskaran Nadason &**

*Immediate Past President of the Malaysian Medical Association*

**Professor Dr Tan Maw Pin**

*Consultant Geriatrician at University Malaya Medical Centre*

### >> SCIENTIFIC CHAIRPERSON

**Professor Dr Shahrul Bahyah Kamaruzzaman &**

*Consultant Geriatrician at University Malaya Medical and Specialist Centre*

**Dr Wong Teck Wee**

*Consultant Interventional Cardiologist at iHEAL Medical Centre Kuala Lumpur*

### >> SCIENTIFIC COMMITTEE PENANG TEAM

**Professor Dr Premnath**

*Dean, Director of Surgical Training,*

*RCSI & UCD Malaysia Campus*

**Dr Alan S H Ch'ng**

*Consultant Geriatrician, Department of Medicine,*

*Seberang Jaya Hospital*

**Associate Professor Dr Prem Kumar Chandrasekaran**

*Consultant Neuropsychiatrist, Penang Adventist*

*Hospital*

**Ms Ooi Siew Chen**

*Senior Occupational Therapist, Department of*

*Occupational Therapy, Penang*

### >> SECRETARIAT

Scientific Committee Member & Secretary -

**Dr Sangeeta Kaur**

*Senior Lecturer, Epidemiology & Public Health Medicine at Perdana University*

Secretariat Support Team -

**Sara Woon Tien Ai, Lim Yuen Xin, Shirley Wong Heng Heng & Jenyfer Belavandran**

*Occupational Therapy Students at Perdana University*

### >> FINANCE COMMITTEE

**Datin Ranuga Devy M.Packirisamy**

*Ranuga & Associates, Advocate & Solicitors*

**Dr Lim Poh Hin**

*Consultant Neurologist at KPJ Ampang Puteri*

### >> MARKETING & SPONSORSHIP

**Mr Darren Atkinson**

*Owner, Public Relations Consultant and Digital*

*Marketing Manager at Magnet Integrated*

**Ms. Joyce Leong Whye Sook**

*Senior Lecturer, Universiti Putra Malaysia (Retired)*

### >> COMMITTEE MEMBERS

Professor Dato' Dr Farouk Bin Abdullah

Professor Dr Manohar Arumugam

Associate Professor Rajasegaran

Dr Benedict Francis

Mr. Matthew Teo

Professor Dr Amaramalar Selvi Naicker

Professor Dr Philip George

Dr Siva Poobalasingam

Mr Thillainathan Krishnan

Contact us at : +6012 364 6109 or [mcha@healthyageing.org](mailto:mcha@healthyageing.org) & [mhas.acha@gmail.com](mailto:mhas.acha@gmail.com)

# PROPOSED TOPICS BASED ON THE 10 PILLARS OF HEALTHY AGEING



## 1. Physical

- \* Sexual Intimacy and Ageing: Keeping it up and alive
- \* Living and winning with Osteoporosis
- \* Physical activity and its importance amongst older people
- \* Dying with Dignity
- \* Getting the grip – Ageing Hands
- \* Brain training to improve your memory
- \* Protecting Older Adults from Influenza during Covid-19 pandemic
- \* Hypnotherapy for management of pain
- \* Promoting bone and muscle strength as you age/ How are your bone and muscles ageing with you
- \* Gynaecology care after menopause: Is there still a need? (including pap smears and cancer screening in the Older Women: What, When and for How Long?)
- \* Tools For Lifestyle Change
- \* How to keep your liver healthy
- \* Ageing skin and its effect on older people
- \* Addiction in older persons
- \* Ageing gracefully the Ikigai way
- \* The Power of Social Connectivity How to meditate for a healthier, better you
- \* Transforming Medical Education Qi gong moves for the young and old
- \* Falling and its impact on me
- \* Urogynaecological Concerns in the Older woman: The Wet and the Dry of it
- \* Older women and men – what do they want/When Dr becomes a Patient?
- \* Influencer Vaccination in older people
- \* Living and Winning with Osteoporosis
- \* Role of Stem Cells in Frailty and Ageing
- \* Don't be Blindsided by Glaucoma
- \* Promoting bone and muscle strength as you age/ How are your bone and muscles ageing with you.



## 2. Emotional/ Mental Wellbeing

- \* Covid-19: were the elderly left behind?
- \* Am I alone?
- \* Updates on Stress, Anxiety and Depression
- \* Social Media and its impact on Mental Health
- \* Strategies for social connectivity in times of pandemic and the future
- \* Intergenerational relationships-How to foster and sustain
- \* Art and social connections
- \* Accelerated Ageing and the conditions that cause them
- \* Ageing LGBTs population: issues and controversies
- \* Aromatherapy in Dementia
- \* Hidung therapy in Dementia



## 3. Nutrition

- \* Brain food-eat your way to a better memory
- \* Fermentation for health
- \* Benefits of a Whole food, plant-based, no-oil diet
- \* Controversial diets - The good and the bad; what's the evidence?
- \* The Ageing Male: why do women live longer?



## 4. Social Wellness and Engagement

- \*Disabled Elders: Long Term Care, Rehabilitation Needs and Community Integration
- \*Revitalising GP primary care for older Malaysians: what can private practitioners do.
- \*Do Not Resuscitate Me
- \*Single and ageing in Malaysia: what does the future hold?
- \*Scams, fraud and fake news: danger signs and safety nets for older people
- \*Community health hubs: Strengthening community care for older persons



## 5. Environmental

*(Individual, Neighborhood, Larger Community)*

- \* Environmental evaluations and modifications at home for elderly patients with disabilities
- \* Sustainable Ageing- tips and strategies to live an environmentally friendly life
- \* COVID-19 and its impact on the community health
- \* Integrated Pathways to Healthy Ageing: A Conceptual Ecosystem
- \* Revitalising GP primary care for older Malaysians: what can private practitioners do



## 6. Intellectual

*Intellectual wellness, continuing engagement, learning new skills*

- \* Holistic strategies in the prevention of Dementia



## 7. Finance and The Law

- \* Am I too old to get a job? / Employability as I age
- \* Medical and Financial Protection in your golden years- Is your insurance coverage adequate?
- \* Financial Challenges & Strategies for Old Age



## 8. Technology

- \* Innovations and technologies in fall prevention
- \* Tele-rehabilitation for rural or isolated communities
- \* Tele-health and telemedicine – implications to older Malaysians
- \* Artificial intelligence based surveillance system to detect falls



## 9. Spirituality and the Arts

- \* Workplace Wellness with Lifestyle Medicine
- \* Optimising Healthy Ageing: Facilitating Social Engagement



## 10. Traditional and Complementary medicine

- \* Preventing the Perfect Storm with Lifestyle Medicine
- \* Sitting kills: Let's Get Moving
- \* Benefits and precaution of massage therapy
- \* The art of Ayurveda
- \* Behavioural Change – How to engage your patient health benefits of yoga for ageing adults
- \* Prescription for physician burnout
- \* Aromatherapy in Dementia
- \* Complementary Health in modern medicine
- \* Complementary approaches for healthy ageing
- \* Acupuncture - it's not just about needles

### DISCLAIMER NOTE:

*\*The congress organiser reserves the right to change the topics without prior notice*

*\*The finalised topics, speaker and timing will be uploaded on the website 1 month before the congress*



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## Call For Papers NOW OPEN!

FILL UP ONLINE/ DOWNLOAD THE  
CALL FOR PAPERS FORM

<https://mcha2021.healthyageing.org/call-for-paper/>

CLOSING DATE : 31<sup>ST</sup> JULY 2021

### CONTACT US

+6012 364 6109

[mcha@healthyageing.org](mailto:mcha@healthyageing.org) / [mhas.acha@gmail.com](mailto:mhas.acha@gmail.com)



**20 CPD Points**

Medical Association of Malaysia (MMA)

## YOUNG INVESTIGATOR'S AWARDS

Invitation to all undergraduate and postgraduate students.

Submit your abstract and stand a chance to win the "Young Investigator Awards"

For more information on how to apply, please visit our website.

Submission deadline: 31<sup>st</sup> July 2021



# MCHA CONFERENCE SCHEDULE

20th – 22nd October 2021 (Wednesday – Friday)

Time	Wednesday 20th October 2021	Thursday 21st October 2021	Friday 22nd October 2021
7.30-8.30 AM	Registration	Breakfast Symposium	Breakfast Symposium
8.30-9.15 AM	Plenary P1	Plenary P3	Plenary P5
9.15-10.00 AM	Plenary P2	Plenary P4	Plenary P6
10.00-10.30 AM	Morning Tea	Morning Tea	Morning Tea
10.30 -11.15 AM 11.15-12.00 PM	Opening Keynote address	*Symposiums S 9,10,11,12 *Workshops W1,2,3,4	*Symposiums S21,22, 23,24 *Workshops W5,6,7,8
12.00-1.00 PM	*Forum F1,2, 3	*Forum F4, 5, 6	*Forum F7, 8, 9
1.00-2.30 PM	L1 Lunch Symposium	L2 Lunch Symposium	L3 Lunch Symposium
2.30-3.15 PM	*Special Lectures V1,2,3,4	*Special Lectures V5,6,7,8	*Special Lectures V9,10,11,12
3.15-4.00 PM	*Symposiums S1,2,3,4,	*Symposium S13,14,15,16	*Symposiums S25,26, 27,28
4.00-4.45 PM	*Symposiums S 5,6,7,8	*Symposiums S17,18, 19,20	*Symposiums S29, 30, 31,32
4.45 PM	Afternoon Tea	Afternoon Tea	Afternoon Tea

\*Concurrent symposiums, forum, workshops

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## ACCOMODATION & TOURS

Please visit [www.mcha2021.healthyageing.org](http://www.mcha2021.healthyageing.org) for more information

## INTERNATIONAL SPEAKERS

**Professor Regina Crameri (Australia)**

*Head of Health, Centre of Excellence, Austrade*

**Associate Professor Dr. Raghu Varadaraja (Ireland)**

*Perdana University Royal College of Surgeons in Ireland (PURCSI)*

*Lead in Surgery*

**Professor Dr Andrew Law Chi Kin (Hong Kong)**

*Head of Department of Psychiatry at RCSI & UCD (RUMC)*

**Dr Anupama Roy Chowdhury (Singapore)**

*Consultant Geriatrician at Sengkang General Hospital*

**Dr Mechelle Acero Palma (Philippine)**

*Consultant Family Medicine & Lifestyle Medicine Specialist*

**Mr Grey Adey (Australia)**

*Director, G88 Consulting*

**Mr Stephen O'Connell OAM (Australia)**

*Educator/Musician/Composer*

**Mr. Michael W Hodin (USA)**

*CEO of Global Coalition on Ageing*

**Associate Professor Dr Ravindran Kanesvaran (Singapore)**

*Senior Consultant, Division of Medical Oncology at National Cancer Center*

**Associate Professor Dr. Manoj Valappil (United Kingdom)**

*Associate Professor and Lead for Clinical Microbiology,*

*Perdana University Royal College of Surgeons in Ireland (PURCSI)*

**Dr Johann Kim Manez (Philippine)**

*President of Philippine College of Lifestyle Medicine*

**Dr Vaikunthan Rajaratnam (Singapore)**

*Senior Consultant Hand & Reconstructive Surgeon Khoo Teck Puat Hospital*

**Dr. Amit Mukherjee (Singapore)**

*Consultant Urologist at Khoo Teck Puat Hospital*

**Dr Fiona Kerr (Australia)**

*Founder and CEO, NeuroTech Institute & FOCUSNTI*

**Mr Luke Westenberg (Australia)**

*President Ageing Well, CEO Aged Care Industry Association*

# MALAYSIAN SPEAKERS

## **Datuk Dr Ganabaskaran Nadason**

*Immediate Past President of Malaysian Medical Association (MMA)*

## **Professor Dato' Dr Adeeba Kamarulzaman**

*Professor of Infectious Diseases,*

*Faculty of Medicine at University of Malaya*

*Director at CERiA, President at International AIDS Society*

## **Professor Dato' Dr Abdul Rashid Khan B. Md Jagar Din**

*Professor and Head, Department of Public Health Medicine &*

*Director of Masters in Public Health at RCSI & UCD (RUMC)*

## **Professor Dato' Dr Tunku Sara**

*Department of Orthopaedic Surgery at UMSC*

## **Datin Ranuga Devy M.Packirisamy**

*Ranuga & Associates, Advocate & Solicitors.*

## **Professor Dr Mohamed Rusli Abdullah**

*Professor and Lead Epidemiologist and Public Health at PU*

## **Professor Dr Philip George**

*Head of Psychiatry at International Medical University*

## **Professor Dr Tan Maw Pin**

*Consultant Geriatrician at UMMC*

## **Professor Nathan Vytialingam**

*Dean of Perdana University School of Occupational Therapy*

## **Associate Professor Dr Prem Kumar Chandrasekaran**

*Consultant Neuropsychiatrist at Penang Adventist Hospital*

## **Associate Professor Dr Sivakumar S Balakrishnan**

*Senior Lecturer in Obstetrics & Gynaecology at Penang Medical College (PMC)*

## **Associate Professor Dr Goh Choon-Hian**

*Associate Professor, Department of Mechatronics*

*and Biomedical Engineering, UTAR*

## **Dr Anjali Rajeevan**

*Chief Ayurvedic Physician at Arogya Holistic Care*

## **Dr Amir Farid Isahak**

*Consultant Obstetrician & Gynaecologist at Klinik Medic*

## **Dr Khong Su Yen**

*Consultant Obstetrics and Urogynaecology at SJMC*

## **Dr. P. Srinivas**

*Consultant Geriatrician*

## **Dr Lawaniah Sandran**

*Consultant Lifestyle Medicine and Occupational Health*

## **Dr Parameswaran Ramasamy**

*Psychiatrist and Addiction Medicine Specialist at*

*Mawar Renal Medical Centre*

## **Dr Siby Vaidya**

*Chief Ayurvedic Physician at Ayur Centre Sdn BHD*

## **Dr Teoh Gaik Kin**

*Lecturer, School of Medicine at IMU*

## **Dr Thirunavukarasu Rajoo**

*Honorary General Secretary MMA and Practicing GP*

## **Dr Anne Jamaludin**

*Senior Lecturer, Epidemiology & Public Health Medicine at PU*

## **Dr Wong Teck Wee**

*Consultant Interventional Cardiologist at iHEAL Medical Centre KL*

## **Dr Benedict Francis**

*Psychiatrist, Researcher & Clinical Trialist*

## **Dr Dhashini Sivaratnam**

*Consultant Ophthalmologist at UPM*

## **Dr Shubashini a/p Gnanasan**

*Senior Lecturer, Faculty of Pharmacy at UITM Puncak Alam*

## **Dr Irfhan Ali**

*Respiratory Specialist*

## **En. Husiani Hussin**

*CEO of PPA Malaysia*

## **Mr. Steve Lim**

*Chief Learning Officer, Affin Hwang Asset Management Berhad*

## **Ms Callie Tai**

*CEO Justlife Group Sdn Bhd*

## **Ms Chen Li Li**

*Community Pharmacist & Founder of Health Happiness Network at Penang*

## **Dato' Seri Dr N. Premchandran**

*Consultant and Head of Orthopedics/Traumatology at TAAH, Kuantan.*

## **Dato' Sri Dr Mohammed Azman B. Dato' Aziz Mohammed**

*Deputy Chief Executive at PERKESO*

## **Dato' Seri Dr T Devaraj**

*Chairperson, Penang Hospice Society*

## **Dato' Dr Rajbans Singh**

*Consultant, Pantai Hospital Bangsar, Malaysia*

## **Professor Dato' Dr Mohamad Farouk Abdullah**

*Vice Chancellor of Perdana Univeristy*

## **Professor Dr Amaramalar Selvi Naicker**

*Consultant Rehabilitation Medicine Physician, Medicine at UKM*

## **Professor Dr Ismail Baba**

*President of the Malaysian Association of Social Workers*

## **Professor Dr Khatijah Binti Abdullah Lim Geok Khim**

*Professor, Department of Nursing School of Healthcare and*

*Medical Science at Sunway University*

## **Professor Dr Shahrul Bahyah Kamaruzzaman**

*Consultant Geriatrician at UMMC & UMSC*

## **Professor Dr Premnath**

*Dean, Director of Surgical Training , RCSI & UCD Malaysia Campus*

## **Associate Professor Dr Mazlina Mazlan**

*Department of Rehabilitation Medicine, UM, Malaysia*

## **Associate Professor Dr Amuthanganesh Mathialagan**

*Department of Pharmacology at PU*

## **Associate Professor Dr Bikramjit Pal**

*Head of Department (Surgery) at Penang Medical College (PMC)*

## **Associate Professor Dr Jeyakantha Ratnasingam**

*Consultant Endocrinologist at UMMC*

## **Associate Professor Dr S.T.Shuba**

*ENT Consultant & Head of Department Of ENT, UPM & HPUPM*

## **Dr Satvinder Kaur, Senior Lecturer**

*Head of Program, Department of Food Science with Nutrition,*

*Faculty of Applied Science at UCSI*

## **Dr Anuradha Suberamaniam**

*Consultant OBGYN & Gynae-Oncology Fellowship Trainee,*

*Department of OBGYN HTAR, Klang*

## **Dr Lam Chee Loong**

*Palliative Medicine at PPUM*

## **Dr Lim Poh Hin**

*Consultant Neurologist, KPJ Ampang Putri Hospital, Malaysia*

## **Dr Raymond Choy**

*Chief Executive Officer at Doc2Us*

## **Dr Sangeeta Kaur**

*Senior Lecturer, Epidemiology & Public Health Medicine at PU*

## **Dr Sivaneswaran Poobalasingam**

*Founder & P President of Malaysian Society of Lifestyle Medicine*

## **Dr Terence Ong Ing Wei**

*Consultant Geriatrician at UMMC*

## **Dr Yap Lok Huei**

*Consultant Plastic Surgeon at PCMC Sdn Bhd*

## **Mr Thillainathan Krishnan**

*Family Health Development Division (MoH)*

## **Ms Joyce Leong Whye Sook**

*Senior Nursing Lecturer (Currently Retired)*

## **Ms Lee Ee Lin**

*Chinese Physician and Acupuncturist*

## **Ms Lily Fu**

*Founder of Seniors Aloud Consultancy and VP of U3A KL & Selangor*

## **Ms Nisha Lakshmanan**

*Yoga Therapist at Amrita Integrative and Lifestyle Medicine Centre*

## **Ms Lily Fu**

*Founder of Seniors Aloud Consultancy and VP of U3A KL & Selangor*

## **Ms Toh Ying Wei**

*Co-Founder & COO of SmartPeep*



# REGISTRATION FORM

Please return this registration form together with the payment document to the Secretariat via e-mail ([mcha@healthyageing.org](mailto:mcha@healthyageing.org)/ [mhas.acha@gmail.com](mailto:mhas.acha@gmail.com)) or Whatsapp (+60123646109). All fields are mandatory.

Title and Name : .....

Name on Badge : .....

Organisation and Address : .....

E-mail : .....

Contact Number : .....

Meal Preference : Vegetarian  Non-vegetarian

## HYBRID CONFERENCE REGISTRATION FEE

(Please tick / wherever appropriate)

### EARLY BIRD VIRTUAL REGISTRATION

(Ends on 1st August 2021)

Malaysian RM100     ASEAN RM 150     International RM 250     Members of Malaysian Healthy Ageing Society RM 70

### VIRTUAL REGISTRATION

(Starts on 2nd August 2021)

Malaysian RM150     ASEAN RM 200     International RM 300     Members of Malaysian Healthy Ageing Society RM 120

### EARLY BIRD (IN-PERSON "LIVE" AND "VIRTUAL ONLINE" SESSIONS)

(Ends on 1st August 2021)

Malaysian RM 300     ASEAN RM 550     International RM1,500     Members of Malaysian Healthy Ageing Society RM 270

### REGULAR FEE

(After 2nd August 2021)

Malaysian RM 350     ASEAN RM 850     International RM 1,800     Members of Malaysian Healthy Ageing Society RM 320

Visit [www.mcha.2021.healthyageing.org](http://www.mcha.2021.healthyageing.org) to purchase your tickets online by debit or credit card.

## PAYMENT METHOD

(Please tick / wherever appropriate)

Cheque     Local order     Direct Bank-in     Telegraphic transfer

Please make all cheques payable to the "Malaysian Healthy Ageing Society"

If you are paying via telegraphic transfer, direct bank-in, please remit as follows

Name of bank    RHB Berhad  
Account Number    26416000002456  
Name of account    MALAYSIAN HEALTHY AGEING SOCIETY  
Swift code    RHBBMYKLXXX

### For Local Orders (LO)

Details of E-Perolehan account as below:


Name: Persatuan Terapi Carakerja Malaysia EP

No: 1400K001B

CODE: 1811

To download further document, please login to:

<https://mcha2021.healthyageing.org/registration-fee/>

 A-05-10, Tower A, Pinnacle PJ, Lorong Utara C, 46200 Petaling Jaya, Selangor, Malaysia