

# PUBLIC FORUM

**DATE :** 21 APRIL 2012 [Saturday]  
**TIME :** 1.30PM  
**VENUE :** Crown Meeting Room, Lobby Level, 2<sup>nd</sup> Floor  
Empire Hotel Subang  
Empire Subang, Jalan SS16/1  
47500 Subang Jaya  
**TEL :** 03-5565 1388 [website: [www.empirehotel.com.my](http://www.empirehotel.com.my)]

**PROGRAMME:**

1.30 – 2.00pm Registration  
2.00 – 2.45pm “Steroids – Are they All that Bad?”  
Dr.Amir Azlan Zain, Consultant Rheumatologist  
Sunway Medical Centre  
2.45 – 3.15pm “Bend,Stretch,Pull & Hold! – Activities in Arthritis”  
Dr. Vimala Marimuthu, Consultant Physiotherapist  
Physio Plus  
3.15 – 4.00pm AFM AGM & Refreshments

**FREE Admission & LIMITED Seats**

**To Register, please call: Ms Yoges @ 03-5621 6177 or Ms Marjorie @ 03-7957 5975**



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