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**Duxton Hill**

A member of the University of the 3<sup>rd</sup> Age movement

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# Good News of Ageing in Singapore: Preventing Dementia, Depression and Decrepitude



The pervasive fear in old age is to be afflicted by the 3 Ds – **Dementia, Depression and Decrepitude**. The “good news of ageing in Singapore” is the advent of an innovative program that brings new hope to the elderly who are vulnerable to the 3Ds. Initiated by the Mind Science Centre of the National University of Singapore, the Age Well Everyday (AWE) program is preventive medicine in the community, by the community, and for the community. It is based on epidemiological and rigorous scientific studies. The focus is healthy lifestyle that includes exercise, diet and mindfulness. Art, music and gardening are similar activities based on “Western scientific methodology and Eastern wisdom and philosophy” (*British Journal of Psychiatry* 2018).

## Event details

Saturday, 12<sup>th</sup> October  
2019, 2:30pm to 4:30pm  
at The HEAD Foundation,  
20 Upper Circular Rd,  
#02-21 The Riverwalk,  
Singapore 058416.

*Ample parking is available within the building and in adjacent public car parks*



## Speaker

Professor Kua Ee Heok is Tan Geok Yin Professor of Psychiatry and Neuroscience. He is Senior Consultant Psychiatrist at National University of Singapore (NUS) and the Mind Care Clinic, Farrer Park Hospital. Graduating in medicine from the University of

Malaya, KL (1968-1973), he later received postgraduate training in psychiatry at Oxford (1978-80) and geriatric psychiatry at Harvard (1984). A member of the World Health Organisation team for the Global Study of Dementia, he was formerly Head of Psychological Medicine and Vice-Dean of the Faculty of Medicine at NUS, as well as CEO and Medical Director at the Institute of Mental Health, Singapore. He has published 370 research papers and 25 books on psychiatry, addiction and ageing. Professor Kua is editor-in-chief of the 6-volume *Mental Health and Illness Worldwide* (Springer-Nature). He is also the author of the novel *Listening to Letter from America*, used in a module on anthropology at Harvard University.

Admission is free. As seats are limited, we advise you to register early [here](#). For more about U3A Duxton Hill, please click [here](#).