HEALTHY PROGRAM 2024

ENHANCE AWARENESS
AMONG EMPLOYEES
REGARDING THEIR HEALTH



ALPHA INDUSTRIES SDN BHD







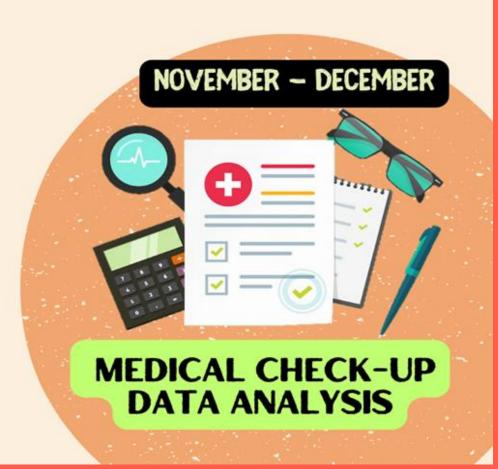
OBJECTIVE: CONDUCTING A WELLNESS CAMPAIGN TO ENHANCE AWARENESS AMONG EMPLOYEES REGARDING THEIR HEALTH.



SEPTEMBER - NOVEMBER







HEALTHY TALK Mental Health

Awareness



BE KIND TO YOUR MIND. LET'S JOIN THE SESSION.

DATE : 28TH MAY 2024

DAY : TUESDAY

VENUE : OBEYA ROOM

TIME: 08.30AM - 09.30AM

INVITED : PSYCHOLOGIST

PRESENT BY : DAYANG NURSYAZANA

FROM : HOSPITAL PENAWAR PASING GUDANG





Healthy Talk
"Mental Health
Awareness"
on 28th May 2024







HEALTHY TALK

TIPS TO MANAGE YOUR STRESS

KNOW HOW TO DEAL WITH YOUR STRESS LET'S JOIN THE SESSION.

DATE : 24TH JUNE 2024

DAY : MONDAY

TIME: 08.30AM - 09.30AM

VENUE : OBEYA ROOM





INVITED : PSYCHOLOGIST

PRESENT BY : DAYANG NURSYAZANA

FROM: HOSPITAL PENAWAR
PASIR GUDANG

BROUGHT TO YOU BY ALDHA INDUSTRIES SON BHD

Healthy Talk
"Tips To Manage
Your Stress" on
24th June 2024

HEALTHY TALK

LET'S TALK ABOUT DEMENTIA

Let's Join The Session

DATE: 16TH JULY 2024 (TUESDAY)

TIME: 08.30AM - 09.30AM

VENUE: OBEYA ROOM

DOCTOR SABIQ BIN MD JALAL FAHMEY
KLINIK APM









Healthy Talk "Dementia" on 16th July 2024. Session start with assessment from doctor to identify Dementia symptoms from the audience. The session end with Online Live quiz conducted by the Doctor.

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