

# Manage Stress, Manage Weight Workshop

with Clinical Psychologist



## Date

Every alternate Friday

## Venue

KTPH, Tower C,  
Level 5, Clinic 54

## Time

10.00-11.00am

For enquiry and registration,  
please approach Clinic 54  
reception counter.

**Stress is linked to overeating and decreased motivation for exercise. Hence it is an important contributing factor for weight gain and obesity.**

Join us in the **Manage Stress, Manage Weight Workshop** to learn and practise effective stress management techniques that can help you achieve sustainable weight loss.