

Healthy Longevity *in Action*

Translating Research into Everyday Practice

DATE TUE
30 June 2026



TIME
7.30-9.30 pm



VENUE L2, EVENT HALL 2-1, LIFELONG
LEARNING INSTITUTE, NEAR PAYA LEBAR MRT



Dr Maleena Suppiah

ADVOCATE FOR ACTIVE AGEING, EDUCATION AND WELLBEING

Lifestyle Medicine for Healthy Longevity: Turning the Science of Ageing into Clinical Practice

Exploring the 12 Hallmarks of Ageing, inflammageing, and a structured 6-pillar framework — with actionable clinical communication strategies for helping patients add life to years.



Assoc Prof Tan Sze Yen

SCHOOL OF EXERCISE & NUTRITION SCIENCES · DEAKIN UNIVERSITY

Nuts and Older Adult Health

A pragmatic, evidence-based look at nuts as a dietary strategy to support metabolic health and functional capacity in an ageing population — simple, effective, and sustainable.



Ms Kua Pei San

DEPUTY HEAD/SENIOR DIETITIAN · SINGHEALTH COMMUNITY HOSPITALS (SCH)

From Equations to Empathy: Elevating Nutritional Care for Older Adults

Elevating older adult care at SCH via tailored REE prediction equations, the person-centric Diet Rehab program and the comforting "Happy Hour" project.



Earn 2 CE Points

Free for SNDA members
Registration from 6pm
Dinner will be served from 6.30pm
For more information, contact us at CE@snda.org.sg

SN
SINGAPORE NUTRITION AND
DIETETICS ASSOCIATION

[Click here to register](#)