

Sydney Chinese Lions Health Talks 2012

The Lions Club of Sydney Chinese Inc held a full day of Public Health Talks on 14 October 2012 at the Burwood RSL Club. This year's theme was "Maintaining a Holistic Health". With esteemed speakers ranging from psychiatrists to psychologists, the day proved to be an enlightening education event focused on maintaining a balance between mental and physical well being.

The event attracted more than 300 participants from the general public. The Talks was also an opportunity for Western and Chinese Medicine professionals to rebound ideas as well as to recognise the trend towards "Integrative Care" which describes a convergence of the two dichotomies. The Supervisory Committee comprised Lion Dr Danforn Lim JP as Chairman, Club President Lion Mei Cheng JP, Second Vice District Governor Lion Dr Anthony Cheung JP and Lion Emily Hung. The Organizing Committee comprised Lion Danforn and Lion Emily from Sydney Chinese Lions as well as key representatives of the Australian Chinese Psychology Association.

This year's function was also supported by major Australian professional medical organizations, including the Australian Chinese Medical Association (Western Medicine), Love Wellbeing, and Office Yoga.

The day's proceedings started with the Official Opening Ceremony at 9:30 am. The talks and presentations lasted until 4:30 pm with an hour's lunch in between. Altogether there were 7 speakers (in order of presentation); Dr Richard Wu, Mrs Beier Huang, Dr Danforn Lim, Ms Shuer Chen, Ms Sha Mi, Ms Loy Lai and Mr Noris Ma. Topics included an exploration into how to maintain a healthy mental wellbeing from childhood through to old age. Specific topics included how to sustain and maintain a healthy and enduring marriage, EQ training for children, controversies surrounding traditional Chinese parenting methods in the Western world, also known as the "Tiger Mum", and "How do Chinese survive in the Australian workplace".

The delivery styles of the speakers were both interesting and engaging. This year, an interactive forum led by Dr Danforn Lim and other speakers was conducted around two topics: "Tiger Mum" and "Chinese in the Australian workplace" which proved to be most successful as the audience were invited to direct questions to the panel.

With the success of the preceding Health Talks, Sydney Chinese Lions are planning to hold another similar event next year exploring a different facet of "Integrative" healthcare.

Reported by Lions May Wong and Lion Emily Hung



SCL Health Talks 2012 Photos