

Optimal Health for Performance Sustainability



Optimal Health

- Mental and physical health are the very pillars that form the foundation of one's career.
- Physical ailments & mental blocks reduce your chances of achieving full career potential.



Sustainability

- Mental & physical resilience in a fast paced working environment, a vital element to a thriving career.
- Work stress & burnout, a modern day killer of peak performance.

A Corporate Wellness Program by
DSY Medical Education Sdn Bhd

Qualified under HRDF SBL Scheme

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COURSE CONTENT

Duration of Program = 32 hours

Session 1

- Know Your Carbohydrates - Learn how to differentiate between complex carbs, refined carbs & fiber ; and its impact to good health.
- Food Pyramid - Learn the truth about the modern food pyramid.

Session 2

- The Power of Protein - Learn how to utilize these basic building blocks of life, from hair to hormones.
- Enzymes, the Essence of Life - Learn to maintain essential protein in its optimal state for youth preservation.

Session 3

- Fats & Oil - Learn how to differentiate the healthy & unhealthy types of fats.
- Hidden Dangers in Modern Day Food & Beverages - Learn to identify the "disease causing man-made chemicals" found in modern day food choices.

Session 8

- Dietary Design : A Real Life Case Study - Application of knowledge through practical diet, lifestyle & stress management.

4 Hours per Session

Session 4

- Vitamins & Minerals - Learn how to acquire vital nutrients from food that the body cannot produce.
- Bowel Flora - Learn how good health begins from the gut.

Session 7

- Nutritional Cooking - Learn about cuisines live - from our expert health chef.
- Cooking & food preparation techniques to optimize nutritional value.

Session 6

- Top Chronic Diseases - Learn about Obesity, Heart Disease, Cancer and how to prevent them from happening.
- Lifestyle Hacks for health enhancement.

Session 5

- Stress Management - Learn how stress affects the body.
- Mind & Body Connection - Learn and experience how the mind influences health.



VALUE TO PARTICIPANTS



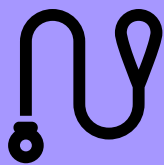
NUTRITION

- Learn that top chronic health disorders today are mainly linked to poor diet & lifestyle choices.
- Learn practical nutritional knowledge to regain optimal health & well-being.
- Learn to prepare nutritious cuisine, become your own personal diet expert and chef.



STRESS MANAGEMENT FOR MENTAL ENDURANCE

- Understand & identify sources of chronic stress. Self awareness leads to better stress management.
- Prevent burnout and retain performance through effective stress coping techniques.
- Learn strategies to turn distress into empowerment.



DISEASE PREVENTION

- Understand how optimal nutrition impacts physical & mental performance.
- Stopping the progress of disease through early detection - a life & cost saver.
- Acquire practical reversal & preventive methods that allow you to regain your optimal health.

ABOUT DSYME



- Leader in the field of corporate wellness training programs which are result-driven and health empowering.
- Provider of innovative cutting-edge evidence-based medical knowledge using nutritional & complementary medicine for optimum health.
- Partner for peak performance in human capital and business sustainability.

What makes our training different

Delivered by a dedicated team of highly experienced practitioners from the Association of Nutritional and Functional Medicine Practitioners Malaysia, a member of the Ministry of Health-recognised Federation of Complementary and Natural Medical Associations Malaysia.

REGISTRATION FORM

Location

Petaling Jaya/
Kuala Lumpur

Fee

Per Participant : RM6,000

Intake

March & August

Payment

Cheque made payable to
**DSY Medical Education
Sdn Bhd**

Bank transfer made payable to
**Bank : Public Bank Berhad
Account Number : 3-2190 7560-0**

**Participants
Details**

Name

1.

2.

3.

4.

Email

Contact No.

Organization Information

■ **Company :**

■ **Address :**

■ **Contact Person :**

■ **Tel :**

■ **Fax :**

■ **Email :**

Registration & Payment

- Confirmation of seat is upon receipt of 50% of the program fee as deposit.
- Full payment must be received 7 days* prior to the date of training.

Other Terms & Conditions

- All cancellation of registration must be made in writing to DSY Medical Education Sdn Bhd.
- The company reserves the right to impose any taxes that the Government may implement from time to time.
- The company reserves the right to cancel or postpone the program due to unforeseen circumstances beyond control.

Cancellations & Deferment

If cancellations are received :

- More than 14 days* before the date of program, a full refund of deposit but 15% of the program fee shall be chargeable as administration fee.
- Between 8 to 14 days* before the date of program, a full refund of deposit but 25% of the program fee shall be chargeable as administration fee.
- 7 days* or less before the date of program, there shall be NO refund of deposit but a substitute participant is welcome at no extra charge. Full payment must be received during the change of participant.
- For deferment to the next intake/program, there shall be NO refund of deposit and the deferment is valid for the next 12 months from the original registered intake.

* days refer to working days