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KIDZANIA SINGAPORE AND MOUNT ELIZABETH HOSPITALS ENCOURAGE KIDS AND PARENTS TO BRING HEALTHY HABITS TO HAPPY HOMES

- *Launch of inaugural health awareness programme to inculcate healthy lifestyle habits in everyday life*
- *Activities include series of 12 educational talks by doctors and industry experts on health, nutrition and medical related topics*

Singapore, 7 October 2016 – This October, KidZania Singapore presents “Healthy Habits Happy Homes”, an inaugural programme to share tips and knowledge on holistic healthy lifestyle habits for everyday life. Presented by its Industry Partner, Mount Elizabeth Hospitals, and supported by various in-park partners, kids and adults alike can look forward to a series of activities and three weekends of talks, from today till 23 October. The programme is free for all park visitors, while normal admission fees will apply.

Kids can go on a Trivia Hunt in the City, Take a Stand at the Pledge Wall, and Enjoy kidZos Benefits at eleven participating establishments. Kids and adults can work together on a Trivia Hunt – picking up health-related fun facts listed on posters located throughout the city and exchange completed worksheets for an exclusive goodie bag. A Pledge Wall will also be set up for kids to share their thoughts on taking charge of their health.

Adults and older kids can look forward to learning and interacting with industry professionals as they take a break from role-playing activities. For the first time in KidZania Singapore, a series of 12 educational talks will be held on the weekends of 8th and 9th October, 15th and 16th October, and 22nd and 23rd October. Topics range from managing common medical conditions in children, nutrition, to developing habits to better enhance our health (Please see Annex A for the line-up of talks). Speakers range from specialists and dieticians from Mount Elizabeth Hospitals to microbiologists and other industry experts (Please refer to Annex B for the speaker bios).

“Healthy habits start at home, and what better way than to start taking charge of your health at a young age? The Healthy Habits Happy Homes programme is our way of encouraging children to be little Health Heroes to keep themselves and their families in the pink of health. Inculcating good habits on a daily basis and being more aware of health conditions will go a long way for a healthy lifestyle, as they have fun, and learn from the experts too. Through the



various activities and talks, we hope that they will provide opportunities for parents and children to bond and bring home learning points to discuss, even after the park visit,” said Leong Yue Weng, KidZania Singapore’s Mayor and General Manager.

Best suited for children aged 4 and above, KidZania Singapore is a realistic indoor city developed in consultation with child education experts and supported by real-world brands, to complement school learning experiences. Recent park programmes include “Kids for a Greener World” in June 2016, which saw KidZania Singapore and supporting partners spread the message of environmental protection.

For more information on KidZania Singapore and to book tickets online, check out www.kidzania.com.sg and facebook.com/KidZaniaSingapore .

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About KidZania

KidZania is an indoor family education and entertainment centre, which offers an interactive learning and entertainment experience targeted at kids. KidZania combines role-play with real life, creating a kid-centric city experience designed to educate and inspire kids; from arriving at the airport, to visiting a city centre to exploring the city streets. As in the real world, kids choose activities – such as being a pilot, police officer, doctor, journalist or a customer – and earn money, which they can then spend or save. KidZania operates just like a real city complete with buildings, paved streets, vehicles, a functioning economy, and recognisable destinations in the form of “establishments” branded by leading international and local brands. The facilities are designed to educate through experience, fostering the development of life skills, but from a kid’s perspective it is all about fun which truly epitomizes learning through play.

Essentially the fastest growing educational and entertainment brand in the world, KidZania has won numerous awards, having been voted “Best Theme Park Worldwide” by The Themed Entertainment Association, “Top Family Entertainment Centre of the World” by the International Association of Amusement Parks & Attractions (“IAAPA”), “Global Leisure Operator of the Year” by Retail and Leisure International and “Concept of the Year” by MAPIC.

KidZania Singapore is a subsidiary of Themed Attractions Resorts & Hotels Sdn. Bhd., the investment holding company responsible for the development, management and operations of various hospitality and attraction destinations in Malaysia and Singapore.

ABOUT THEMED ATTRACTIONS RESORTS & HOTELS SDN. BHD.

Themed Attractions Resorts & Hotels Sdn. Bhd., is an investment holding company incorporated to develop, manage and operate hospitality and attraction destinations. Established by the Malaysian Government’s strategic investment fund, Khazanah Nasional Berhad, TAR&H serves as a catalyst for the leisure and tourism industry by bringing premier world-class hotels, resorts, golf courses and attractions to the region.

Its current key investment portfolio comprises Desaru Coast - Malaysia’s first integrated luxury destination, LEGOLAND® Malaysia - the sixth LEGOLAND in the world and the first in Asia, KidZania Kuala Lumpur & KidZania Singapore - an indoor family education and entertainment centre, Puteri Harbour – a quay side lifestyle retail and family entertainment complex, SANRIO HELLO KITTY TOWN – the first of its kind outside of Japan, Thomas Town – an indoor theme park that features the famous Thomas & Friends® characters on multiple themed rides and Hotel Jen Puteri Harbour at the luxury waterfront of Puteri Harbour, Nusajaya, along with the award winning The Datai Langkawi and the first Els Club in Southeast

Asia – Els Club Teluk Datai in Langkawi. The Els Club Malaysia will add two more championship golf courses to its stable with the opening of Els Club Desaru Coast and Els Club Desaru Valley, both located in Desaru Coast.



Working with renowned global and local partners and brands, TAR&H aims to be the leading Leisure & Tourism Group bringing world-class destinations to South East Asia, creating over 15,000 jobs.

About Mount Elizabeth Hospital

In the heart of Singapore's prime shopping district of Orchard Road lies Mount Elizabeth Hospital. One of the region's largest private hospitals, it provides a comprehensive range of medical and surgical services. This 345-bed private tertiary care hospital, with more than 450 qualified and experienced specialists under one roof, is renowned for its depth of medical expertise. It is the first private hospital in Singapore to offer cardiac catheterisation, open-heart surgery, neurosurgery and other advanced procedures, and continues to be a leading private hospital in Singapore in performing robotic surgeries, carrying out ethical living organ transplants, doing precision orthopaedic surgeries as well as treating cancers in their late stages. It also takes pride in being able to provide excellent service in a 5-star environment to patients from all over the world. With dedicated concierge services and translators for patients who speak a wide range of languages, Mount Elizabeth Hospital has ability to schedule almost any medical appointment within 24 hours.

About Mount Elizabeth Novena Hospital

Mount Elizabeth Novena Hospital, Parkway Pantai Group's new hospital in the heart of Singapore's premier medical hub in Novena opened in July 2012. The modern 333 single-bedded room hospital sets new benchmarks for quality healthcare to reinforce Singapore's reputation for delivering world-class medical services to both local and foreign patients. Adopting global best-practice standards for quality patient care as well as clinical outcomes, Mount Elizabeth Novena Hospital caters to the continuing demand for high quality and competitively priced healthcare services in Singapore and around the world.

For more information, please visit the website at www.mountelizabeth.com.sg



Issued on behalf of KidZania Singapore and Mount Elizabeth Hospitals

For media enquiries on KidZania Singapore, please contact

Lim Wee Ling / Elynur Saad / Joanne Tham

M: +65 9768 6827 / +65 9118 1915 / +65 8125 7990

E: weeling@asiaprwerkz.com / elynur@asiaprwerkz.com / joanne@asiaprwerkz.com

For media enquiries on Mount Elizabeth Hospitals, please contact

Kandyce Ong / Sabrina Ngu

T: +65 6494 6979 / +65 6494 6977

E: Kandyce.ong@parkwaypantai.com / sabrina.ngu@parkwaypantai.com

Annex A: Line-up of Talks for Healthy Habits Happy Homes

Date	Session I (1.30 PM – 2.30 PM)	Session II (3 PM – 4 PM)
8 October (Sat)	Allergic Rhinitis and Bronchial Asthma: Symptoms and Treatment <i>by Mount Elizabeth Novena Hospital</i>	Common Childhood Eye Diseases and Conditions <i>by Mount Elizabeth Hospital</i>
9 October (Sun)	Good Skin Caring Habits from Young: Healthy Beautiful Skin (Part 1) The Importance of Inculcating Skin-caring Habits (Part 2) <i>by C'est Moi</i>	Nutrition and Balanced Diet for Kids <i>by Paddle Pop and Mount Elizabeth Novena Hospital</i>
15 October (Sat)	Hand-Foot-Mouth Disease: Symptoms, Diagnosis, and Treatment <i>by Mount Elizabeth Novena Hospital</i>	Orthopaedic Problems in Children: Conditions of the Feet <i>by Mount Elizabeth Hospital</i>
16 October (Sun)	Probiotics and Intestinal Health <i>by Yakult</i>	Nutritional Needs for School-going Children in Singapore <i>by Abbott Laboratories</i>
22 October (Sat)	Effects of Plastic on Human Health and Environment <i>by GardenasiaKids</i>	Get the Pulse on Your Financial Health <i>by AIA</i>
23 October (Sun)	Eye Care and the Importance of Choosing the Right Lens and Frame <i>by Nanyang Optical & ZEISS</i>	A Journey to Pearly Whites <i>by Sunstar</i>

Supported by:





Annex B: Speaker Bios

<p><u>8th October 2016, 1.30 – 2.30pm</u></p>	<p>Allergic Rhinitis and Bronchial Asthma: Symptoms and treatment</p> <p>Speaker: Dr Chew Huck Chin Consultant Respiratory Physician and Intensivist, Mount Elizabeth Novena Hospital</p>	<p>Dr Chew is a specialist in Respiratory Medicine, Intensive Care Medicine and Emergency Medicine with special interests in bronchoscopy, non-invasive ventilation and intensive care medicine. Dr Chew Huck Chin is currently a consultant respiratory physician and intensivist at Mount Elizabeth Novena Hospital. Prior to this, he was a consultant at the Department of Respiratory and Critical Care Medicine, Singapore General Hospital.</p> <p>In addition to general respiratory medicine, Dr Chew has a special interest in Intensive Care Medicine, non-invasive ventilation as well as bronchoscopy. He is well versed in aspects of advanced ventilator support including extra-corporeal membrane oxygenation, airway pressure release ventilation, high frequency oscillatory ventilation and advanced bronchoscopy techniques such as endobronchial ultrasound guided transbronchial needle aspiration. Dr Chew is also able to perform ultrasound examinations of the thorax for evaluation of pleural effusions.</p>
<p><u>8th October 2016, 3 – 4pm</u></p>	<p>Common Childhood Eye Diseases and Conditions</p> <p>Speaker: Dr Leo Seo Wei</p>	<p>Dr Leo Seo Wei graduated from medical school at the National University of Singapore with Gold Medal & Book Prize in Ophthalmology and has completed 2 intensive clinical fellowships in the USA.</p>

	<p>Ophthalmologist, Mount Elizabeth Hospital</p>	<p>She has published numerous peer-reviewed articles and book chapters and is frequently invited to present or conduct instructional workshops at international conferences in Asia-Pacific, Europe and USA. She has also performed live surgery at various international conferences.</p> <p>Prior to starting private practice she was senior consultant at the Department of Ophthalmology, Tan Tock Seng Hospital and Head, Paediatric Ophthalmology & Strabismus, NHG Eye Institute. She was also visiting senior consultant, KK Women's & Children's Hospital and Clinical Lecturer, Faculty of Medicine, National University of Singapore, Yong Loo Lin School of Medicine.</p> <p>Dr Leo is currently in the Scientific Bureau of the World Society of Paediatric Ophthalmology & Strabismus. She is also a committee member of the American Academy of Ophthalmology 2016-2017.</p>
<p><u>9th October 2016, 1.30 – 2.30pm</u></p>	<p>Good Skin Caring Habits from Young: Healthy Beautiful Skin & The Importance of Inculcating Skin-caring Habits</p> <p>Speaker: Anna Belle Francis General Manager, C'est Moi</p>	<p>An actress since the age of 7 with Singapore's Children's Theatre, Act 3, Anna Belle 'grew up' on stage playing numerous roles in theatre productions, musicals and pantomimes. She then ventured into Film and Television and is best known for her roles in "Forever Fever", "Growing Up", Triple Nine", "Three Rooms" and Phua Chu Kang". She also has hosted major events such as the National Day Parade, the closing ceremony of the Youth Olympics in Singapore and many others.</p>



		<p>With her passion for showbiz and loving dedication to the development of kids talents including that of her 3 kids, Anna Belle Francis was appointed General Manager of C'est Moi in 2015 to carry on the founder's goal of providing all kids with a safe, professional skincare and performance makeup.</p>
<p><u>9th October 2016, 3 – 4pm</u></p>	<p>Nutrition and Balanced Diet</p> <p>Speaker: Amy Vong Man In Senior Dietitian, Mount Elizabeth Novena Hospital</p>	<p>Amy Vong Man graduated with an MSc (Human Nutrition & Dietetics) from University of Hong Kong / University of Ulster and BSc (Dietetics) from University of British Columbia, Canada. She is a Registered Dietitian with the Health and Care Professions Council (HCPC), in UK and Full Member of Singapore Nutrition and Dietetics Association.</p> <p>Amy has more than 15 years of working experience in clinical dietetics in Singapore. Amy specializes in nutritional management of patients with chronic disease such as diabetes, renal, cardiovascular disease, in nutrition support, weight management and in general paediatric nutrition. Amy also has special interest in nutritional care for Oncology patients.</p>
<p><u>15th October 2016 1.30 – 2.30pm</u></p>	<p>Hand-Foot-Mouth Disease: Symptoms, Diagnosis and Treatment</p>	<p>Dr Leong Hoe Nam is an Infectious Diseases Physician. He graduated from NUS in 1996, and obtained his MRCP and M Med in 2001. Thereafter, he began his advanced specialist training in infectious diseases.</p>

	<p>Speaker: Dr Leong Hoe Nam Infectious Diseases Physician, Mount Elizabeth Novena Hospital</p>	<p>He has been directly involved in the care of transplant patients, individuals with multi-drug resistant organisms, tuberculosis, HIV, AIDS, surgical complications, viral infections, fungal infections including aspergillosis, cryptococcosis and mucormycosis, and complex medical problems. He had first-hand experience in managing outbreak situations including SARS and H1N1 pandemic infection. He has also published several research papers on virology.</p> <p>Dr Leong has been frequently interviewed by live TV, radio presenters and various print journalists. He is frequently sought for an opinion on various infectious diseases. He was a faculty member at the Duke-NUS Graduate Medical School and still maintains his adjunct position as assistant professor while working at Mount Elizabeth Novena Hospital.</p>
<p><u>15th October 2016, 3 – 4pm</u></p>	<p>Orthopaedic Problems in Children: Conditions of the Feet</p> <p>Speaker: Dr Kannan Kaliyaperumal Orthopaedic Surgeon, Mount Elizabeth Hospital</p>	<p>Dr. Kannan is a fellowship trained Orthopaedic Surgeon with a subspecialty interest in Foot and Ankle (F&A) disorders. He is a Fellow of the Royal College of Surgeons in Edinburgh and was awarded the distinguished Ministry of Health (Singapore) Scholarship to pursue further training in the field of lower limb reconstructive surgery with special emphasis on Foot and Ankle Reconstruction.</p> <p>His clinical expertise is in sports injuries, ligament injuries & tendinopathies, arthroscopic (keyhole) surgery for management of cartilage defects in the knee and ankle, bunion correction, lower limb and ankle fractures. He</p>

		specializes in correction of paediatric and adult flatfeet & high arched feet. He manages arthritis including total knee and ankle replacement and osteotomies. He has extensive clinical experience in reconstructive lower limb surgery, being one of a niche number of Foot & Ankle subspecialists in Singapore & the region.
<u>16th October 2016, 1.30 – 2.30pm</u>	<p>Probiotics and Intestinal Health</p> <p>Speaker: Yap Chi Ming Microbiologist, Yakult Singapore Pte Ltd</p>	<p>Yap Chi Ming has a Masters in Science (Molecular Biology) from the National University of Shinshu, Japan in 1996. He joined Yakult Singapore as a microbiologist, and often speaks on Probiotics and Intestinal Health at workplaces to community groups and nurses, and at school assembly talks to teachers and students. As a microbiologist, Mr Yap understands the intricacies of intestinal bacteria, and how probiotics in particular, closely co-relate to our well-being. Through his expertise, he hopes to create more public awareness on the benefits of ingesting probiotics and how they can help us maintain a healthy digestive system.</p>
<u>16th October 2016, 3 – 4pm</u>	<p>Nutritional Needs for School-going Children in Singapore</p> <p>Speaker: Lim Meng Thiam Senior Manager, Medical Affairs Abbott Nutrition</p>	<p>Meng Thiam is a dietitian with 14 years of experience in the field of nutrition and health. He is currently Senior Manager, Medical Affairs at Abbott Nutrition, where he is tasked with strengthening the engagement of healthcare professionals through scientific advocacy, as well as providing technical consultation and support to the commercial teams.</p>



		<p>For the most part of his career, Meng Thiam was with the Nutrition Department in Health Promotion Board. His key responsibilities there included formulating national dietary recommendations, managing the national food composition database and developing tools for public education. Meng Thiam has also previously worked as a clinical dietitian at Singapore General Hospital, where he provided medical nutrition therapy to patients with various health conditions.</p>
<p><u>22nd October 2016, 1.30 – 2.30pm</u></p>	<p>Effects of Plastic on Human Health and Environment</p> <p>Speaker: Mr Kenny Eng Director, Gardenasia Pte Ltd</p>	<p>As the fourth generation of the Nye Phoe family business, Kenny practically grew up in gardens and greens.</p> <p>Gardenasia was co-founded by Kenny and it was originally set up as the sales arm of Nye Phoe Flower Garden. Today, Gardenasia is the nature-based events company under the Nye Phoe Group (NPG).</p> <p>With their strong belief in going back to basics and strategic partnerships across various industries, Gardenasia developed specialized products and services to suit a diverse clientele. Gardenasia provides services which include farmstays, an on-site bistro, events management, educational programs and retail of eco product via their ecommerce site, Morchoo.com. Gardenasiakids provides “Edutainment” programmes designed for children and youths to educate them about the environment. The “Edutainment” programmes under Gardenasiakids are targeted at pre-schoolers, primary and secondary school</p>



		students which are represented by their eco ambassadors - Titoy and Morchoo.
<u>22nd October 2016, 3 – 4pm</u>	<p>Get Pulse on Your Financial Health</p> <p>Speaker: Angela Yong AIA Financial Services Consultant, Strategic Alliance Group Authorised representative of AIA Singapore</p> <p>Author, Lolly's Secret</p>	<p>Angela is a happy mother of three children whose insatiable appetite for stories constantly motivates her to concoct interesting moral and fun fairy tales.</p> <p>Currently an AIA Financial Services Consultant, Angela made a career switch after the birth of her third child, to allow more time for her family. She hopes to help people fulfill their dreams with sound financial decisions. Angela is also the author of Lolly's Secret, a book inspired by her firstborn's initial understanding of money and her assumption that money magically appears in every parent's wallet.</p> <p>Angela believes in educating children on healthy money habits, starting right at home. Join Angela as she brings you on a meaningful journey to discover the value of money and how you can cultivate healthy money habits in your children that will accompany them into adulthood.</p>
<u>23rd October 2016, 1.30 – 2.30pm</u>	<p>Eye Care and the Importance of Choosing the Right Lens and Frame presented by Nanyang Optical and ZEISS</p> <p>Speaker: Ameer Assik Optometrist, Nanyang Optical</p>	<p>Ameer Assik has been an optometrist at Nanyang Optical since graduating from Singapore Polytechnic in 2011. As an optometrist, he sees people of all ages at his workplace.</p> <p>Managing eye care problems and carefully prescribing glasses as well as contact lenses are part of his daily routines. He particularly enjoys working with children at</p>



		<p>his outlet at Parkway Parade. Through his role as an optometrist, he advocates the importance of eye-care and proper eye-wear to his patients and hopes to provide awareness to the public throughout his career. He believes awareness and proper knowledge are key for people of all ages.</p>
<p><u>23rd October 2016, 3 – 4pm</u></p>	<p>A Journey to Pearly Whites by Sunstar</p> <p>Speaker: Dr Eu Oy Chu Senior Deputy Director, School Dental Service</p>	<p>Dr Eu Oy Chu graduated from the National University of Singapore, Dental Faculty in 1980 and obtained her Master of Science in Children’s Dentistry from the University of London in 1988. She currently holds the post of Senior Deputy Director (SDD) in the School Dental Service, and is responsible for the promotion and delivery of oral care to pre-schoolers, primary and secondary school children in Singapore.</p> <p>Dr Eu specialises in Children’s Dentistry. Her job also involves providing clinical consultation and dental treatment to children referred in to her by general dental practitioners and dental officers from school dental clinics. To continually promote and create the awareness of children's dental health, she has made presentations on her specialty to the dental professionals and to the public.</p>