



LAUGH YOUR WAY TO GOOD HEALTH

To encourage healthier, happier living, 300 women attended a health and wellness seminar that included laughing yoga. **SUZANNA PILLAY** writes.



Dr Nor Ashikin tells participants to take care of their health as they age.

LAUGHTER can chase the blues away, but can it improve your health? More than 300 participants at the recent PrimaNora Cares untuk Wanita seminar threw inhibition to the wind and sportingly gave laughing yoga a go.

They performed one bizzare position after another, including the *tehtarik* laughing yoga position (laughing while pretending to pull an imaginary glass of *teh tarik*); or the *sarong jatuh* position (laughing while pretending to drop the imaginary sarong they were tying).

Laughter came easily to the participants who were of all ages.

The object of the seminar, organised by PrimaNora Medical Centre, the Cervical Cancer Awareness Association (Cares Association), Malaysian Menopause Society (MMS), Breast Cancer Welfare Association and *Wanita* magazine, was to provide medical information on health, nutrition, sexuality and wellness in a fun and interactive format, said Datuk Dr Nor Ashikin Mokhtar, founder and executive chairman of PrimaNora Medical Centre.

"It also educates women that ageing is a beautiful process if you take care of yourself and your spirit, and encourages healthier, happier living in today's challenging world," she said.

"We are proud that many women have gathered as much essential information on caring for themselves and their bodies,

Dr Ho Choon Moy, president of the Malaysian Menopause Society (MMS) said the society intended to welcome New Year's Day with a bang by organising a trekking trip in Fraser's Hill.

The event is free for MMS members but non-members will have to pay RM30.

The MMS is also conducting a one-day self-development empowering seminar on March 6 at Tropicana Golf & Country Resort in Petaling Jaya.

Members pay only RM20 each while non-members will have to pay RM150. (Visit www.menopause.org.my for more information on MMS).

Dr Ho also said *The Berita Menopos*, MMS's quarterly newsletter, is now available in English, Bahasa Malaysia and Chinese.

Questions or clarifications on menopause and andropause can be directed to the newsletter's editorial board at drhochoonmoy@yahoo.com.

"MMS hopes to reach as many such men and women as possible and enable them to live a quality life through an understanding of what they are experiencing via our forums, talks and workshops."

MMS membership is open to all Malaysians, irrespective of sex, and any one above 21 may apply for life or ordinary membership.

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