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ACTIVITIES

Public Forum: Infectious Diseases Affecting Children at 1st Floor OPD, Sunway Medical Centre, Bandar Sunway, PJ. Featuring the talk *Prevention of Pneumococcal Disease* by Dr. Lim Wei Ling, Consultant Paediatrician. Sat, 1.45pm-3pm. Admission by registration, light refreshments provided. 03-5631 4064/5631 4068

Dogathon 2008 at Bukit Ekspo, Universiti Putra Malaysia, Serdang. Students of the Faculty of Veterinary Medicine are organising an absolute doggy day, Dogathon, to raise funds for their catch-neuter-release project PRO-KASIH. Aug 10, 7am-2pm. 016-6200136 (Sook Yee) or dogathon2008@gmail.com

Public Forum: Cancer Of The Digestive System and Early Warning Signs at 1st Floor OPD, Sunway Medical Centre, Bandar Sunway, PJ. Featuring the talk *Telltale Signs of GI Cancer and How To Prevent It* by Dr. Tan Huck Joo, consultant gastroenterologist and hepatologist. Aug 16, 1.45pm-3pm. Admission by registration, light refreshments provided. 03-56314064/5631 4068

Laughter Yoga Workshop at mYoga, The Gardens, Mid Valley City, KL. The 90-min workshop incorporates stretching, breathing and laughing exercises, allowing you to discover the best way to de-stress and relax your mind, heart, abdomen and muscles. Sat, 3.30pm. Admission is free. 03-2289 8588 or www.mYogaOnline.com

Sign Language Course – Basic Level at YMCA, Jln Padang Bella, KL. This 15-session course is to develop capabilities in non-verbal, visual gesture communication. Students will be taught 400-500 vocabulary signs and finger spelling. Courses begin Aug 19, and are conducted every Tues & Thurs, 7.30pm-9pm. 03-2274 1439 ext 109.

KICK! 2008 at Blue Atrium Entrance, Sunway Pyramid, Bandar Sunway, PJ. A group of female kickboxers will attempt a 24-hour non-stop kicking endurance challenge to raise funds for the Breast Cancer Welfare Association. Well-wishers can support the team through the challenge or pledge RM10 per kick. Donors at the event will receive a *Kick Start* guidebook on basic crime awareness tips and self defense techniques. Short kickboxing classes to teach basic self-defense techniques will also be taught at various intervals during the event. Aug 29, 4pm to Aug 30, 4pm.