

APMEC 2025

ASIA PACIFIC MEDICAL EDUCATION CONFERENCE



SATURDAY
18 JAN 2025



12:30PM – 1:00PM



UCC FUNCTION ROOM 1,
LEVEL 1

BY ADJ PROF LAU TANG CHING

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No reservation is required.
Entry is on First come First Served basis

Come join us in this exercise session to discover more about the Tai Chi for Health exercise

Tai Chi: Meditation in Motion

Tai Chi is often described as “moving meditation” because it requires focus and concentration while moving through a series of postures.

Its gentle, rhythmic movements can provide a calming and centering effect, making it a popular practice for stress relief.

