

TRAINING PROVIDER	
Singapore Professionals' and Executives' Cooperative Limited	
COURSE INFORMATION:	
Course Title	<b>C3A AgeMAP - Healthy Minds for Healthy Lives</b>
Language	English
Course Duration	3 hours (9am – 12pm)
COURSE OUTLINE:	
<b>Course Overview &amp; Objectives</b>	How many times have you heard that ageing is stressful? But did you know there is something we can do about it? Through “C3A AgeMAP - Healthy Minds for Healthy Lives”, which comprises of lectures and activities, you will learn how to better take care of and improve your mental well-being and continue to live a healthy and fulfilling life. This course is designed by a community aged-care physician with many years of practice knowledge and experience in the promotion of physical and mental well-being in seniors.
<b>Course Contents</b>	<p><b>Part 1:</b></p> <ul style="list-style-type: none"> <li>• Old Age Vs Youth – How does Ageing Impact One’s Mental Well-Being?</li> <li>• How Ageing Affects our Body, Mind and Emotions and the Impact on Mental Well-Being</li> <li>• “What Stresses People the Most”</li> <li>• Common Mental Well-Being Issues, and When and Where to Seek Help</li> </ul> <p><b>Part 2:</b></p> <ul style="list-style-type: none"> <li>• “How does Ageing Well with Mental Well-Being Look Like?”</li> <li>• Mental Strength – Important for Ageing Well</li> <li>• Building Mental Strength</li> <li>• Self-care tips for mental well-being</li> </ul>
<b>Learning Outcomes</b>	<p><b>Part 1:</b></p> <p>Participants will be able to:</p> <p style="padding-left: 40px;">1a. Understand challenges commonly associated with ageing that impact on one’s mental well-being.</p> <p style="padding-left: 40px;">1b. Understand common mental well-being issues and their signs and symptoms.</p> <p style="padding-left: 40px;">1c. Be aware of useful tips on self-care for mental well-being, and professional care: What, Where, When and How to seek help.</p>

	<p><b>Part 2:</b> Participants will be able to:</p> <p>2a. Learn useful tips on how to manage stress and strengthen mental well-being as we age.</p> <p>2b. Understand how mental strength is important for ageing well.</p> <p>2c. Learn positive attitudes and mindsets that enhance and sustain mental well-being.</p>
<b>Learning Methodology</b>	The course will entail Lecture, Q&A, Experiential Learning/Game, Activity and Sharing.