



Thriving Through Life: Navigating Mental Health Across Ages

A Mental Wellness Seminar organized by Psychiatric Nurses Chapter (PNC), Singapore Nurses Association (SNA).

Seminar Highlight & Speakers

Topic 1:

Raising & Nurturing Gen Alpha Cyborg Slayers

Ms. Regina Lua Ubana

Advanced Practice Nurse, Institute of Mental Health



Topic 2:

Roots to Resilience: Shaping Our Strengths at Work

Ms. Tan Yan Ling Michelle

Senior Clinical Psychologist, Institute of Mental Health



Topic 3:

Dementia

Ms. Rita Tan Kheng Siew

Advanced Practice Nurse, Institute of Mental Health



25th Oct 2025, Saturday

Refreshments will be provided on-site!



8:30am - 12:30pm (Registration time: 8.30-9.00am)



Lecture Hall, Institute of Mental Health (IMH)
10 Buangkok View, Buangkok Green Medical Park, (S)539747

Registration Fees:

SNA Member	\$15
Non-SNA Member/Public	\$25

CPE Points will be awarded.

Scan QR to RSVP!

PLEASE RSVP BY 11 OCT 2025

