

**DONATE
BLOOD
SAVE UP TO
3 LIVES**



HEALTH AWARENESS & NATIONWIDE BLOOD DONATION CAMPAIGN

1 - 31 October 2018

Towards a Healthy and Caring Society

Be a blood donor

Join us at MEDAN MARA LOBBY

1 - 5 October 2018, 10 am - 5 pm.

- Free health screenings
- Quit smoking clinic
- Health talks
- Health & Beauty Products Sales and Promotion
- Join the "Zumba", "Sh'Bam" and Bodycombat sessions and more...

Date/ Day	Programme				
	10.00 am to 5.00 pm		12.00 pm to 1.00 pm	1.00 pm to 2.00 pm	5.00 pm to 6.00 pm
Day 1 1 October 2018, Monday	Blood Donation Drive	<ul style="list-style-type: none"> • Basic Health Screening – Institut Jantung Negara (<i>cholesterol level, Glucose level, Blood pressure, body mass index BMI</i>) • Dietitian Consultation – KPJ Healthcare • Quit Smoking Clinic – Test & Consultation 	Dietitian Talk – ‘Health at Work’ by Ms Yew Tzser Shyan, Dietitian, KPJ Damansara Specialist Hospital	Obesity Talk – ‘How to Build a Healthy Diet?’ by Ms Geethangili, Institut Jantung Negara	Zumba Session by Peak Fitness
Day 2 2 October 2018, Tuesday	Blood Donation Drive	<ul style="list-style-type: none"> • Basic Health Screening – Institut Jantung Negara (<i>cholesterol level, Glucose level, Blood pressure, body mass index BMI</i>) • Eye Screening – KPJ Healthcare • Quit Smoking Clinic: Test & Consultation – Institut Jantung Negara 	Eye Care – ‘Vision & Eye Health’ by Mr Vincent Yap, Chief Optometrist, KPJ Pusat Mata : Centre For Sight, KPJ Healthcare Berhad	CPR Demo by Institut Jantung Negara	Sh'bam Session by Peak Fitness
Day 3 3 October 2018, Wednesday	Blood Donation Drive	<ul style="list-style-type: none"> • Basic Health Screening – Institut Jantung Negara (<i>cholesterol level, Glucose level, Blood pressure, body mass index BMI</i>) • Physio Demo by KPJ Tawakkal Specialist • Quit Smoking Clinic: Test & Consultation – Institut Jantung Negara 	Health Talk – Ergonomic: ‘How your posture affects your health’ by Pn Siti Suraya Yusa, Physiotherapist, KPJ Tawakkal Specialist Hospital	Diabetes Talk – Understand diabetes: Are you at Risk? by Puan Nur Laili bt Dasril of Institut Jantung Negara	Zumba Session by Peak Fitness
Day 4 4 October 2018, Thursday	Blood Donation Drive	<ul style="list-style-type: none"> • Basic Health Screening – Institut Jantung Negara (<i>cholesterol level, Glucose level, Blood pressure, body mass index BMI</i>) • Eye Screening – KPJ Healthcare • Quit Smoking Clinic: Test & Consultation – Institut Jantung Negara 	Heart Awareness – ‘Jantung Tersumbat, Kematian Mengejut’ by Dr.Thum Chan Ho Institut Jantung Negara		Bodycombat Session by Peak Fitness
Day 5 5 October 2018, Friday	Blood Donation Drive	<ul style="list-style-type: none"> • Basic Health Screening – Institut Jantung Negara (<i>cholesterol level, Glucose level, Blood pressure, body mass index BMI</i>) • Quit Smoking Clinic: Test & Consultation – Institut Jantung Negara 	Cancer Talk – Today’s Research, Tomorrow’s Cure by Dr Cheong Sok Ching, Head of Head and Neck Cancer Research Programme, Cancer Research Malaysia		Sh'bam Session by Peak Fitness

Visit www.liam.org.my
for nationwide blood donation locations

Participating members :



NATIONWIDE BLOOD DONATION CAMPAIGN LOCATIONS 2018

REGION	DATE	VENUE
CENTRAL	14th September 2018	Allianz Malaysia Berhad, Level 29, Menara Allianz Sentral, 203, Jalan Tun Sambathan, KL Sentral, Kuala Lumpur. Tel: 03-2264 0792
	25-26th September 2018	Menara AIA, No. 99, Jalan Ampang, Kuala Lumpur. Tel: 03-2056 1215
	1-5th October 2018	Lobby Medan MARA, Jalan Raja Laut, Kuala Lumpur. Tel: 03-2691 6168
	1-2nd October 2018	Menara Great Eastern, 303, Jalan Ampang, Kuala Lumpur. Tel: 03-4813 3679
	9th October 2018	Pejabat Pos Besar, Shah Alam, Persiaran Dato Menteri, Seksyen 12, 40670 Shah Alam, Selangor. Tel: 03-2298 2000
	10th October 2018	Menara Zurich, No. 12, Jalan Dewan Bahasa, 50460 Kuala Lumpur. Tel: 03-2146 8289
	10th October 2018	Level 8, Menara Prudential, 10, Jalan Sultan Ismail, Kuala Lumpur. Tel: 03-2031 8228
	11th October 2018	Sun Life Malaysia, Training Room, Level 11, 338, Jalan Tuanku Abdul Rahman, 50100, Kuala Lumpur. Tel: 03-2600 1109
	12th October 2018	Tokio Marine Life Insurance Malaysia Bhd, Level 1, Menara Tokio Marine Life, 189, Jalan Tun Razak, 50400 Kuala Lumpur. Tel: 03-2059 6012
	12th October 2018	Hong Leong Assurance Berhad, EXPO Room, Ground Floor, Tower B, PJ City Development, 15A, Jalan 219, Seksyen 51A, 46100, Petaling Jaya Selangor. Tel: 03-7650 1730

REGION	DATE	VENUE
	12th October 2018	Pos Malaysia HQ, Jalan Sultan Hishamuddin, City Centre, 50480 Kuala Lumpur, Wilayah Persekutuan Kuala Lumpur. Tel: 03-2298 2000
	15th October 2018	Level 14, Menara Yayasan Tun Razak, Kuala Lumpur. Tel: 03-2031 8228
SOUTHERN	7th September 2018	Batu Pahat Mall, Jalan Kluang, 83000 Batu Pahat, Johor. Tel: 03-2264 0791
	23rd September 2018	Kluang Parade, Jalan Sentol, South Wing-Kluang Parade, 86000 Kluang Johor. Tel: 03-2264 0791
	9th October 2018	Zurich Muar Branch, 5 & 6, Pusat Dagangan Bakri, Jalan Bulatan Bakri, 84000 Muar, Johor.
	15th October 2018	Level G, 77-G, Jalan Era Square 2, Era Square, 70200 Seremban, Negeri Sembilan
EAST COST	27th September 2018	Allianz General Insurance Company (M) Bhd, Kota Bharu Branch, Lot 1184, Jalan Kebun Sultan, 15030, Kota Bharu, Kelantan. Tel: 03-2264 0791
	2nd October 2018	Great Eastern Kuantan, Jalan Dato Lim Hoe Lek, Taman Union, 25200 Kuantan, Pahang. Tel: 09- 515 7666
	6th October 2018	Mydin Gong Badak, Kampung Banggul Tiang Kulat, 21300 Kuala Terengganu, Terengganu. Tel: 09-622 4959
NORTHERN	6th September 2018	Allianz General Insurance Company (M) Bhd, Alor Star Branch, 300&301 Jalan Lumpur, 05100 Alor Setar, Kedah. Tel: 03-2264 0791
	3th October 2018	Training Room 3, Wisma Great Eastern, 25, Lebu Light, George Town, 10200 George Town, Pulau Pinang. Tel: 04-262 2141

REGION	DATE	VENUE
	5th October 2018	Training Room, Great Eastern Life Assurance (Malaysia) Berhad, Ipoh Branch, 16, Persiaran Tugu, Greentown Avenue, 30450 Perak. Tel: 05-254 1928
	9th October 2018	Great Eastern Life Assurance (Malaysia) Berhad, Taiping Branch, 133A, Jalan Barrack, 34000 Taiping, Perak. Tel: 05-805 1027
	14th October 2018	Sg Petani, Kedah. Tel: 03-2117 6670
	27&28th October 2018	AEON Kinta City, Ipoh, Perak. Tel: 03-2271 8337
EAST MALAYSIA	8th September 2018	Suria Sabah Shopping Mall, 1, Jalan Tun Fuad Stephens, Pusat Bandar Kota Kinabalu, 88000 Kota Kinabalu, Sabah. Tel: 03-2264 0791
	30th September 2018	Dewan Masyarakat Kuching Selatan, Jalan Padungan, Kuching, Sarawak. Tel: 017-803 5500
	1st October 2018	Great Eastern Life Assurance (Malaysia) Berhad, Lahad Datu Branch, Ground & First Floor, MDLD 3804 Lot 66, Fajar Centre Jalan Segama, 91100 Lahad Datu, Sabah. Tel: 089-889 363
	3rd October 2018	Wisma Great Eastern Life, Jalan Tiga, Off Jalan Gaya, 88000, Kota Kinabalu, Sabah. Tel: 088 – 252 033
	20th October 2018	AEON Mall Kuching Sentral No. 88, Jalan Tun Datuk Patinggi Haji Ahmad Zaidi Adruce, 93200 Kuching, Sarawak. Tel: 082-256 033
	20th October 2018	Suria Sabah Shopping Mall, 1, Jalan Tun Fuad Stephens, Pusat Bandar Kota Kinabalu, 88000 Kota Kinabalu, Sabah.