



The Institution of Engineers, Malaysia  
(Penang Branch)

**IEM**



**TAM**  
1946  
TECHNOLOGICAL ASSOCIATION MALAYSIA



malaysiaGBC

# PHYSICAL HEALTH TALK

## Prioritizing Wellness: A Holistic Approach to Modern Health & Disease Prevention

### Dr. Ng Teik Kee (Dicky)

- Vice President of Wellness / Adventist Lifestyle Centre, Penang Adventist Hospital
- Consultant Doctor
- Chairman, Diabetes Malaysia (Penang Branch)
- Diplomate of the International Board of Lifestyle Medicine (DiplBLM)  
BSc, MBBS, MHSc, DiplBLM

FEATURING A LIVE  
DEMONSTRATION OF

# CONTINUOUS  
GLUCOSE  
MONITORING  
TECHNOLOGY



Discover how real-time insights can transform disease management & performance)



**Date: Thursday, 20 August 2026**



**Time: 6:00 PM – 7:30 PM** (Registration begin at 5:30 PM)



**Venue: IEM Penang Secretariat Office,**  
1-4-02, e-Gate, Lebuh Tunku Kudin 2,  
11700 Gelugor, Penang (Level 4)

Learn the core pillars of Lifestyle Medicine from one of Penang's leading wellness icons. Dr. Dicky Ng will share insights on preventive care, corporate health auditing, and actionable lifestyle shifts to combat and reverse chronic conditions.

**⚡ Seats are Limited!**  
**REGISTER NOW!**

For inquiries: [iempenangbranch@gmail.com](mailto:iempenangbranch@gmail.com)

