



Ms. Tamilchelvi Muniandy @ Chelvi
Centre Administrator, WQ Park Health & Rehabilitation Centre
Coordinator for Partnership of EMPOWERED with
WQ Health Park for EMPOWERED's 2014
Colorectal Cancer Awareness Day Workshop

The mission of EMPOWERED is very similar to the mission of WQ Health Park & Rehabilitation Centre. Our mission is to help people and to create awareness so that everyone is healthy and good, and there is prevention from sickness. I personally decided to help because the outreach of EMPOWERED is for the low-income communities.

Stretching
demonstration during
EMPOWERED's 2014
Awareness Day





During the quiz & prize session for EMPOWERED's Awareness Day's Lifestyle Session

EMPOWERED's Awareness Day was indeed very well-organized. The working crew members are very sincere and the credit goes over to those involved.

There are many things that we have learned from being part of the Awareness Day especially the different cancer forms and stages as well as the symptoms of colorectal cancer.

The low income community needs help so badly. They are usually neglected of healthcare and when they finally receive treatment, it is usually too late. What EMPOWERED is doing is a good outreach, very wonderful and noble work.

We would DEFINITELY help for future EMPOWERED events! I am encouraging my fellow team members at WQ Health Park and fellow members at Malaysian Physiotherapy Association to be involved with such outreach work and advocating for them to join us for future projects.



En. Mohd. Zoolfaiz presenting the Lifestyle Session: Movements for Healthy Life during EMPOWERED's Awareness Day's Lifestyle Session



Aerobic exercises presented by the WQ Health Park & Rehabilitation Centre team during EMPOWERED's Awareness Day's Lifestyle Session



Ms. Chelvi (in white) and the WQ Health Park & Rehabilitation Centre team