



DAILY DOSE OF MOVEMENT

PRESCRIBING EXERCISE



OCTOBER 18, 2025 | 0800-1230 HRS

ZOOM PLATFORM

CPD POINTS WILL BE AWARDED



REGISTRATION FEES

RM 20 COYFD MEMBERS

RM 30 NON MEMBERS

BROUGHT TO YOU BY:



AFPM
ACADEMY OF FAMILY PHYSICIANS OF MALAYSIA



REGISTER HERE:

SCAN HERE



TENTATIVE | 18 OCT

0815AM
|
0830AM

OPENING
REMARKS

0830AM
|
0930AM

INTRODUCTION TO
EXERCISE PRESCRIPTION

PROFESSOR DR SAZLINA SHARIFF GHAZALI

0930AM
|
0945AM

Q&A
SESSION

0945AM
|
1045AM

PRESCRIBING EXERCISE
IN SPECIAL POPULATIONS

ELDERLY, PATIENTS WITH COMORBIDS & MOBILITY ISSUES

DR MALINI KARUPIAH

1045AM
|
1100AM

Q&A
SESSION

1100AM
|
1200PM

EXERCISING IN A BUSY
LIFE SCHEDULE

PRACTICAL PHYSIOTHERAPY APPROACHES

MS ZOE WU SZE YING

1200PM
|
1230PM

Q&A SESSION
CLOSING REMARKS

MEET THE SPEAKERS



**PROF DR SAZLINA
SHARIFF GHAZALI**



**DR MALINI
KARUPIAH**



**MS ZOE
WU SZE YING**

*FAMILY MEDICINE
SPECIALIST PROVIDING
SERVICES AND
SKILLS AT HOSPITAL
SERDANG & UPM ON
PREVENTION AND
MANAGEMENT OF NON-
COMMUNICABLE
DISEASES WITH A
SPECIAL INTEREST IN
HEALTHY AGEING AND
EXERCISE
PRESCRIPTION*

*A SPORTS PHYSICIAN IN
HOSPITAL SERDANG
WITH VAST EXPERIENCE
WORKING TOGETHER
WITH SPORTS
ORTHOPAEDICS
SURGEONS IN
MANAGING TRAUMATIC
AND SPORTS RELATED
INJURY CASES.*

*PHYSIOTHERAPIST AT
REHAB BEE PHYSIO WITH
STRONG ACADEMIC
TRAINING AND CLINICAL
EXPOSURE IN
MUSCULOSKELETAL
PHYSIOTHERAPY,
EXERCISE
PRESCRIPTION, AND
REHABILITATION.*

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the
RAJAKUMAR
movement

Wonca

