

Health and Wellness Workshop @ Bangkok

Workshop Outline

17 July 2024, Wednesday - Day 1		
Time	Activity	Venue
12:00	Lunch	IconSiam Floating Market
13:00	Welcome Reception by Chinceewa Healthcare Group <ul style="list-style-type: none"> • Welcome Speech by Doctor • Doctor Talk Session on “Regenerative Medicine for Anti-Aging & Longevity, How It Affects Stress Level and Body” • Body Scan & Analysis Session 	Chinceewa Healthcare Center
19:00	Dinner	TBC
20:00	(Optional) Doctor Talk <ul style="list-style-type: none"> • Male & Female Hormone Therapy to Balance Stress 	Graph Hotel, Ratchadapisek Ballroom

18 July 2024, Thursday - Day 2		
Time	Activity	Venue
09:00	Stress Management Therapy by Chinceewa Healthcare Group <ul style="list-style-type: none"> • Doctor Talk Session on Stress Management by Doctor • Stress Management Workshop 	Graph Hotel Ballroom
12:00	Lunch	TBC
14:00	Office Syndrome Therapy To Reduce Stress by Chinceewa Healthcare Group <ul style="list-style-type: none"> • Doctor Talk Session on Office Syndrome by Doctor 	Graph Hotel, Ratchadapisek Ballroom
19:00	Dinner	TBC
20:00	(Optional) Doctor Talk <ul style="list-style-type: none"> • Sleeping Therapy For Stress Release and Better Sleep 	Graph Hotel, Ratchadapisek Ballroom

19 July 2024, Friday - Day 3		
Time	Activity	Venue
09:00	Visit to KDMS Orthopedic Wellness Group <ul style="list-style-type: none"> • Doctor Talk Session on Orthopaedic for Physical Joint Pains Treatment • KDMS Wellness Facility Tour 	KDMS Center
12:00	Lunch	TBC
13:30	Stress Management Fitness Workshop by Chinceewa Healthcare Group <ul style="list-style-type: none"> • Doctor Talk Session on Stress Management by Fitness Exercise • Yoga Session to Reduce Stress • Sound Healing Therapy 	Graph Hotel, Ratchadapisek Ballroom
19:00	Dinner	TBC
20:00	(Optional) Doctor Talk <ul style="list-style-type: none"> • Cell-based therapy and Exosome for Anti-aging 	Graph Hotel, Ratchadapisek Ballroom

Travel Itinerary

17 July 2024, Wednesday - Day 1 Arrival		
Time	Activity	Venue
05:15	Arrive at Airport and Registration	Changi Airport Terminal 4
07:15	3K 511 Jetstar Flight to Bangkok	Changi Airport Terminal 4
08:45	<ul style="list-style-type: none"> • Arrive at Bangkok • Meet & greet by local guide at meeting point with signboard 	Suvarnabhumi Airport
12:00	Lunch included (Thai cuisine)	IconSiam Floating Market
13:00	Welcome Reception and Doctor Talk by Chinceewa Healthcare Group	Chinceewa Healthcare Center
16:30	(Complementary) Thai Massage	HealthLand Sathorn
18:30	Check in hotel	Graph Hotel, Ratchadapisek
19:00	Dinner included (Thai cuisine)	TBC
20:00	(Optional) Doctor Talk or Free and Easy	Graph Hotel, Ratchadapisek Ballroom

18 July 2024, Thursday - Day 2 Stress Management Wellness Day		
Time	Activity	Venue
08:00	Breakfast at hotel	Graph Hotel, Ratchadapisek
09:00	Stress Management Therapy by Chinceewa Healthcare Group	Graph Hotel, Ratchadapisek Ballroom
12:00	Lunch included (Thai cuisine)	TBC
14:00	Office Syndrome Therapy To Reduce Stress by Chinceewa Healthcare Group	Graph Hotel, Ratchadapisek Ballroom
19:00	Dinner included (Thai cuisine)	TBC
20:00	(Optional) Doctor Talk or Free and Easy	Graph Hotel, Ratchadapisek Ballroom

19 July 2024, Friday - Day 3 Stress Management Outdoor and Fitness Day		
Time	Activity	Venue
08:00	Breakfast at hotel	Graph Hotel, Ratchadapisek
09:00	Visit to KDMS Orthopedic Wellness Group	KDMS Center
12:00	Lunch included (Thai cuisine)	TBC
13:30	Stress Management Fitness Workshop by Chinceewa Healthcare Group	Graph Hotel, Ratchadapisek Ballroom
19:00	Dinner included (Thai cuisine)	TBC
20:00	(Optional) Doctor Talk or Free and Easy	Graph Hotel, Ratchadapisek Ballroom

20 July 2024, Saturday - Day 4 Departure		
Time	Activity	Venue
08:00	Breakfast at hotel	Graph Hotel, Ratchadapisek
12:00	Check out hotel	Graph Hotel, Ratchadapisek
	Lunch included (Thai cuisine)	TBC
	Chatuchak Weekend Market - Free and Easy	Chatuchak Weekend Market
19:20	Arrive at Airport	Suvarnabhumi Airport
21:20	3K 514 Jetstar Flight to Singapore	Suvarnabhumi Airport
00:45 (21 July)	Arrive at Singapore	Changi Airport Terminal 4

**Please note that the workshop and travel itinerary may be subjected to changes.*