



THE OLD FREES' ASSOCIATION

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PATRONS

Tunku Syed Sirajuddin
Ibni Almarhum Tunku
Syed Putra Jamalullail
His Royal Highness
The Raja of Perlis

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(Dr) Haji Abdul Rahman
bin Haji Abbas
His Excellency The Head
of State of Penang

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CIRCULAR REF: 047/2014

4 AUGUST 2014

HEALTH TALK ON "THE KNEE JOINT – FROM SPORTS INJURIES TO ARTHRITIS"

Dear Members

Please be informed that The OFA will be organizing a Seminar as follows:

(The knee is the most commonly injured joint in sports. Without proper treatment, these injuries not only prevent individuals from participating in sports in the short term, but also put them at risk of future knee arthritis. Restoration of health and long term preservation, thus summarises the whole approach to knee injury treatment)

Date : 14 September 2014, Sunday
Time : 2 pm to 4 pm
Venue : The OFA Hall (at Jalan Sultan Ahmad Shah)
Price : Free Admission

PROGRAMME

2.00 pm : Arrival of Members
2.30 pm : Seminar on "The Knee Joint –
from Sports Injuries to Arthritis"
by Dr. Chan Kok Yu
(Orthopaedic Surgeon – Gleneagles Penang)
3.10 pm : Discussion, Question and Answer Session
Refreshments (Light Snacks)
4.00 pm : Adjourn

Those interested, please register with the office before
4 September 2014.

For Management Committee
The Old Frees' Association
4 August 2014


ALLEN CHOONG CHING YET
Honorary Secretary

Also at, Level 3, No. L17 to L23, Lorong Bayan Indah 3, Bay Avenue, 11900 Bayan Lepas, Penang.