

Join us in the "Wild Wild West" for a great time with fellow members



**IBS Support Group**  
**Social Tour 2008**  
**Farm Trail**  
**24 February 2008 (Sunday)**  
**0900 - 1400 hrs**



Meeting point:

**Jurong East MRT Station Pick Up Point** (Behind Popular Bookstore)

Fees Per pax:

**\$5 (IBS Support Group Members) ; \$10 (Non-members)**

\*Actual cost is \$20 per pax. IBS Support Group is subsidizing \$15 for members and \$10 for non-members. Priority is given to members' registration. Seats for non-members are subject to availability.

**Visits To**

*Hay Dairies • Fish Farm • Vegetable Farm • Lunch @Bollywood Veggies*

**IBS Support Group - Upcoming 2008 Events**

Registration for the various talks will be made available in due course

**8 March (Sat):**

2.00 pm: Talk by Dr Swee Yong Peng on "The role of TCM in Managing Gas, Bloating, Constipation & Digestion", Mt Elizabeth Hospital Seminar Room  
3.00 pm: **Annual General Meeting**, Mt Elizabeth Hospital Seminar Room

**5 April (Sat)**

1.00 – 5.30 pm: English & Mandarin Public Forum on "Diet and Alternative treatment for IBS", Toa Payoh HDB Hub Auditorium

**IBS Support Group Member's Forums**

**Drug Treatments for Bowel Complaints**  
**Alternative Treatments for Bowel Complaints**  
**Effects of aging & disease on bowel functions**

**How to manage your weight & IBS Symptoms with the right diet**

*\*Exact date and venue will be confirmed at later date*

*The organizer reserves the right to change the program when the need arises.*

**Registration Form**

**Personal Particulars**

\*Delete where appropriate

**Name:** (Mr/Ms/Mrs/Mdm\*) \_\_\_\_\_  
(In BLOCK LETTERS)

**NRIC No:** \_\_\_\_\_ **Contact Number:** \_\_\_\_\_ (Home/Mobile\*)

**Mailing Address:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ Singapore ( )

**Payment Details:**

Are you an IBS Support Group Member?

Yes

No of pax: \_\_\_\_\_ Total amount = \_\_\_\_\_ X \$5 = \$\_\_\_\_\_

No. (Refers to family members/ friends of IBS SG members\*)

No of pax: \_\_\_\_\_ Total amount = \_\_\_\_\_ X \$10 = \$\_\_\_\_\_

*\*Subject to availability of seats*

**Cheque Details:**

Bank : \_\_\_\_\_ Cheque No: \_\_\_\_\_ Amount: \$\_\_\_\_\_

Kindly detach the completed form and send it with your cheque to the following address. Closing Date: **19 February 2008**

**Irritable Bowel Syndrome Support Group**

**50 Bukit Batok St 23**  
**#04-23 MidView Building**  
**Singapore 659578**

Our staff will contact you once we receive your registration and payment. No reservation via phonecall or SMS is allowed. Our staff will confirm the seats for non members by 21 February 2007.

**Enquiries**

Tel : 92342819

Email : [ibssupport@gmail.com](mailto:ibssupport@gmail.com)

**Note:**

1. Fees include farms entrance fee, transportation & lunch.
2. All cheques are to be made payable to "Irritable Bowel Syndrome Support Group".
3. No cancellation, replacement and refund is allowed.
4. The organiser reserves the right the change the itinerary without prior notice.
5. The IBS Support Group will not be responsible for any personal accidents, damages, loss or damages to private properties of participants during the tour.

Detach form and send it with your cheque payment.