

Helping those in need

STAFF of the Eastern and Oriental Hotel played their part to give back to the community during a blood donation campaign at the hotel's Cornwallis suite recently.

Organised by the hotel's human resources department, the campaign also included a health awareness talk to promote healthy living.

The campaign was hosted to replenish the Penang Adventist Hospital's blood reserves.

Light refreshment and gifts were handed to the donors before the hour-long talk

entitled *Related To Healthy Lifestyle* by the hospital's lifestyle intervention consultant Dr Yen Ang ensued.

Dr Yen, who has 15 years experience in the wellness field from managing fitness centres to conducting corporate wellness programmes, highlighted the importance of lifestyle intervention which can help save thousands of lives from chronic diseases like obesity, diabetes, heart disease and hypertension.

Public relations manager Eileen Chong Cheng Siew said the event was well-received, adding the talk was "enlightening".

"It enriched our knowledge on the concept of holistic health. We are happy to donate blood to help those in need," she said.



Chefs S. Loganathan and Seow Teik Poh donating their blood at the hotel.