

Global Wellness Day Thailand
celebrates

Global Wellness Day 2020

A Virtual Presentation

Saturday 13th June, 2020

09.00 – 15.00 (all sessions in Thai Language, unless otherwise specified)

www.facebook.com/globalwellnessdayTH

www.instagram.com/globalwellnessday_thailand

Special Wellness Offers and Give-Aways

09.00 – 09.08 **What is Global Wellness Day?** Thipsukhon (Stella) Ungphongphan



The Wellness Fairy of Bangkok, and founding member of the Thailand Farmers Market, she is fuelled by her love of nutrition, organic farming, and natural therapies. Her passion lies in healthy living, inspiring others to pursue a more natural life. She is also a firm believer in the healing power of living in harmony with nature, encouraging her viewers to take an active role in their daily choices for a more healthy, fulfilling existence.

09.08 – 09.10 **Opening Remarks**, Andrew Jacka, GWD Ambassador Thailand (English)

09.10 - 09.30 **Wellness In Thailand** (meet the presenters) Thipsukhon Ungphongphan

09.30 – 10.00 **Ruesee Dat Ton - Thai Hermit Exercises**, Assistant Professor Boonyarat Chaleephay, School of Health Science Sukhothai Thammathirat Open University & Phattiraporn Khiewsanun, PiMM+ Studio



These slow-moving exercises for body and mind contentment, while supporting activeness, relaxation and promoting health. Presented by established experts in Thai traditional medicine and in the spa and wellness industry, with passion for health and beauty respectful of Thai culture and heritage, using natural ingredients and recipes.

10.00 – 10.30 **Thai Traditional Medicine** with Dr. Panaran Polkadee



Renowned for creating Panaran Herb, Dr. Panaran is a 4th generation Thai Traditional Medicine practitioner and is a guest lecturer at Walailak University, Nakhon Si Thammarat Province, Thailand. He is the founder of Siam Remedy Academy and teaches the new generation the ancient wisdom of Thai Traditional Medicine.

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10.30 – 11.00 **Wellness through Art** Isaan Dream Boy, Maitree Siriboon,



Maitree Siriboon is an international renowned artist, based in Ubon Ratchathani province, well-known for his mosaic style works and contemporary buffalo art. His presentation will feature a live painting in his community, accompanied by traditional Isaan music.

11.00 – 11.30 **Impact of Mobile Devices and Technology on Living Well** Dr. Wattasit Siriwong



Dr. Siriwong is an Associate Professor in Public Health, specialist in Environmental Health and Human Health Risk Assessment. He is the Deputy Dean (academics affairs) and the executive board member of the College of Public Health Sciences (CPHS) at Chulalongkorn University, Thailand

11.30 – 12.00 **Taking Advantage of Ketones** Dr. Brian Kunakom ND, Naturopathic Consultant, Bumrungrad Hospital



He is a Naturopathic Doctor from Seattle, Washington that currently works at Esperance Integrative Cancer Clinic. He is well-known for the adapting the ketogenic diet for cancer patients. He believes in lifestyle medicine, which includes forming habits for nutrition and exercise. He is also in the medical advisory board for Cancer Exercise Training Institute.

12.00 – 12.30 **Healthy Cooking (Gluten Free Banana Oat Pancakes)** Chef Phol Tantasathien



The youngest of a 9-sibling family, he counts among his many blessings, the unending support of his family. Phol has always been a free-spirit, having been given the liberty to explore and learn, and even though his dreams and aspirations sometimes have change, his free-spirited nature and desire to explore and learn never ceased.

12.30 – 13.00 **Guided Meditation** Sabrina Ahuja, Empowerment Coach, Yoga Instructor, Reiki Master, Founder, Journey Love



Sabrina has spent the past 8 years of her life supporting thousands of individuals to be healthier, happier, free, wealthier and have wonderful relationships with themselves and others. She is living an ongoing mission to help educate, empower & elevate people to be in the flow of abundance, happiness, love, joy & freedom. To maximize your experience, prep a journal, pen, drinking water. Use of headphones or earphone is recommended

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13.00 – 13.30 Climate Change Health & Wellness: From microplastic to COVID-19

Thirach Rungruangkanokkul, Exec. Director, Agricultural and Food Marketing Association for Asia and the Pacific (AFMA), Bangkok



He is also the initiator of Sustainable Agro Food Platform and Sustainable Ocean Ambassador. He has been supporting organic farming, sustainable tourism, artisanal fishing and small scale farmers, as well as international corporations through sustainable value chain management.

13.30 – 14.00 Natural Skincare Suwanna Ratanastian, Certified Aromatherapist, MD, MakeScents Ltd.



Brought up in a Thai Chinese family who strongly believe in natural remedy. She still remembers her mother always took her to see Chinese doctor whenever she had fever or became sick and ended up with drinking bitter herbal medicine. She has always been passionate with aromatherapy, natural skin care and natural remedies. She founded Make Scents in 2000 with the aim of providing the best natural aromatherapy and spa products.

14.00 – 14.30 Fitness for All Janice Lyn



Janice is a multiple World Champion and Professional Muay Thai athlete who is the perfect mix of brains and brawn. She is currently the Chair of the IFMA Athletes' Commission and was recently re-elected for a second term last year during the 2019 IFMA World Championships in Bangkok. She's a fearless, inspiring, and remarkable woman on a mission to lead a path of empowerment and illumination for her community whom she loves

and honors until it hurts.

14.30 – 15.00 Sleeping Well Dr. Amornpong Vachiramon DDS, DBA, FDSRCS, MOrthoRCS,



VitalSleep Clinic, Bangkok Dr. Amornpong will advise on the importance of healthy sleep and what you need to do to ensure you get sufficient sleep

Want more wellness inspiration? Log on to the Global Wellness Day 24 hour Live Stream @ www.instagram.com/globalwellnessday/ (English language)

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About Global Wellness Day: With the slogan “One day can change your whole life,” we celebrate Global Wellness Day on the second Saturday of June every year as an international day.

Global Wellness Day is an entirely not-for-profit day, a social project dedicated to living well. The purpose of Global Wellness Day is to ask the question, even if for just one day, “How can I live a healthier and better life?”, to direct the thoughts of both individuals and society towards “living well” and to raise awareness.

The main aims of the day are:

- To recognize the value of our lives
- To pause and think, even if for just one day of the year
- To be free from the stress of everyday city life and bad habits
- To make peace with ourselves
- To raise awareness about living well and increase motivation, not just for today, but for the remaining 364 days of the year

First celebrated in 2012, Global Wellness Day was established in Turkey as the “first” day dedicated to living well, and has now been accepted worldwide. Reflecting its success, in 2019 Global Wellness Day has been celebrated simultaneously in more than 150 countries at 8000 different locations with different events ranging from a 45K marathon to zumba and from Tai Chi to the medical care of children at the Thailand and Myanmar border and visiting elderly people’s houses.

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Global Wellness Day: www.facebook.com/globalwellnessday

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