



# FTCC Breakfast Talk on “Healthy and Vitality Lifestyle for Executives” by Vitallife

21<sup>st</sup> November, 2018  
Room S1, 8<sup>th</sup> floor,  
Novotel Bangkok Ploenchit Sukhumvit



Assist.Prof. Dr. Pansak Sugkraroek  
Speaker



FTCC, together with Vitallife Wellness Center are organizing the breakfast talk about healthcare. Assist. Prof. Dr. Pansak Sugkraroek, Senior Brand Ambassador and Physician at Vitallife Corporation will give you the tips how to balance your working life and personal life.

Healthy and vitality lifestyle is essential for a successful work life balance for all executives who want to be in the forefront of business development.

To achieve the optimal level of decision and management we need to balance both our energy and mindfulness together and this can be achieved by changing our everyday routine into a healthy and vitality one.

Focus on Personalized evaluation through state of the art medical and functional assessment together with consultation with our health expert will lead concerned executive to achieve his/her maximum performance with optimal general health and well-being.