



Schedule

Living to Smile – Preparing Today, Caring Tomorrow By Cheevamitr

Saturday, 22 January 2026

Venue: Muang Thai Life Assurance PCL, Headquarters, Building 1, 5th Floor

- 09:00 – 10:00 hrs. **Smile...At Ease:** Participant registration and welcome coffee. Relax and enjoy conversations in a cozy atmosphere.
- 10:00 – 12:00 hrs. **Workshop #1: Empowering Your Life:** A guided process to reflect on challenges and concerns for clearer life planning. Learn communication skills to strengthen relationships and deepen understanding with yourself and your loved ones.

Speaker: Dujdao Vadhanapakorn, Movement Psychotherapist
- 12:00 – 13.00 hrs. **Delighted Meal, Delighted Smile:** Enjoy a fulfilling lunch together in a warm, Smile-at-Ease atmosphere.
- 13:00 – 14:15 hrs. **Inspiration Talks: Empowering your Soul:** An open discussion on life preparedness.

Speakers: Khun Ying Chamnongsri Hanchanlash (Pa Sri), Assoc. Prof. Dr. Chanchai Sittipunt, Director of King Chulalongkorn Memorial Hospital and Dean, Faculty of Medicine, Chulalongkorn University and Dr. Nittha Oer-areemitr, Director of Koon Hospital
- 14:15 – 14:30 hrs. **Boost your happiness:** Refresh with drinks and snacks that bring smiles.
- 14:30 - 16:00 hrs. **Workshop#2: Living to Smile:** Review your life plan and create your living will through the Friend-for-Life Journal.

Speakers: Dr.Pinyo Sriveerachai, Specialist Doctor of Medicine at Siriraj Palliative Care Center, Siriraj Hospital and Mr. Paisan Limsathit, Executive Board Member, Center for Health Law & Ethics, Faculty of Law, Thammasat University
- 16.00 - 17.00 hrs. **Goodbye with a Smile:** Unwind, connect, and share reflections before parting ways.
