

WOW – WELLNESS ON WHEELS

Dr Lau Zhi Liang

M.B.B.S. (SEGi University) · MMC Reg. No. 98671

Medical Advisory Director | Director of Health & Wellness (Gut Health)

WOW – Wellness on Wheels · Speaker & Trainer

Clinical experience

Dr Lau Zhi Liang is a medical officer with more than six years of clinical experience in emergency medicine, trauma, acute care and primary care. He serves in the Emergency Department of KPJ Bandar Maharani Specialist Hospital and practises in private primary care, having built his foundation in emergency and trauma medicine at Hospital Pakar Sultanah Fatimah, Muar.

Medical advisory & wellness leadership

As Medical Advisory Director of WOW – Wellness on Wheels, Dr Lau guides the programme's health and safety standards, first-response readiness and wellness guidance for every journey. As Director of Health & Wellness, he champions gut health as the foundation of everyday wellbeing, turning clinical insight into practical habits in nutrition, lifestyle and recovery.

Training, speaking & languages

Trained in trauma and paediatric life support, point-of-care ultrasound and motorsport emergency response (FIM PETRONAS Grand Prix of Malaysia), he brings a calm, field-ready approach to wellness on the road. As a speaker and trainer, he leads talks and workshops on gut health, preventive care and first aid in English, Bahasa Melayu, Mandarin, Cantonese and Hokkien.

Profile information supplied by WOW – Wellness on Wheels. This biography is for general information and does not constitute individual medical advice.