



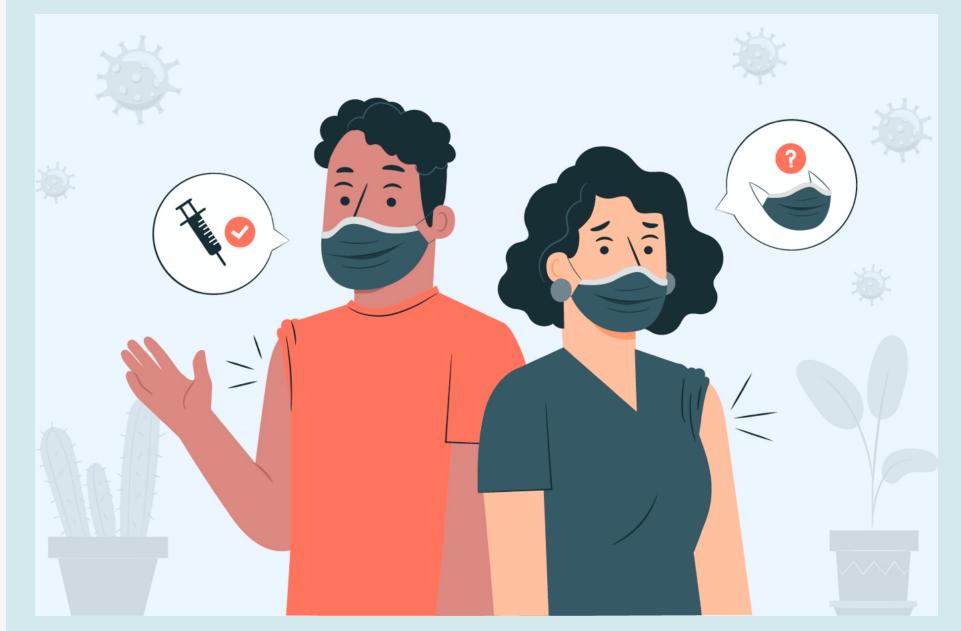
### We are coming to you with programmes you love and more...



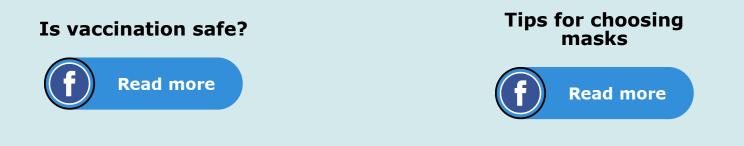
Whether you are looking to reconnect with your neighbours, learn a useful new skill or discuss trending sustainability topics with likeminded new friends, we provide the programme you need, at the platform you're on.



# Your burning questions about vaccination and masks – answered.



Am I (un)suitable for vaccination? Are there side effects for the vaccine? What types of masks offer the best protection? Infectious diseases expert Dr Leong Hoe Nam weighs in on these questions and more with his professional insights.



## **Rediscover North West: 4 Biking Trails to Explore**





Rediscover

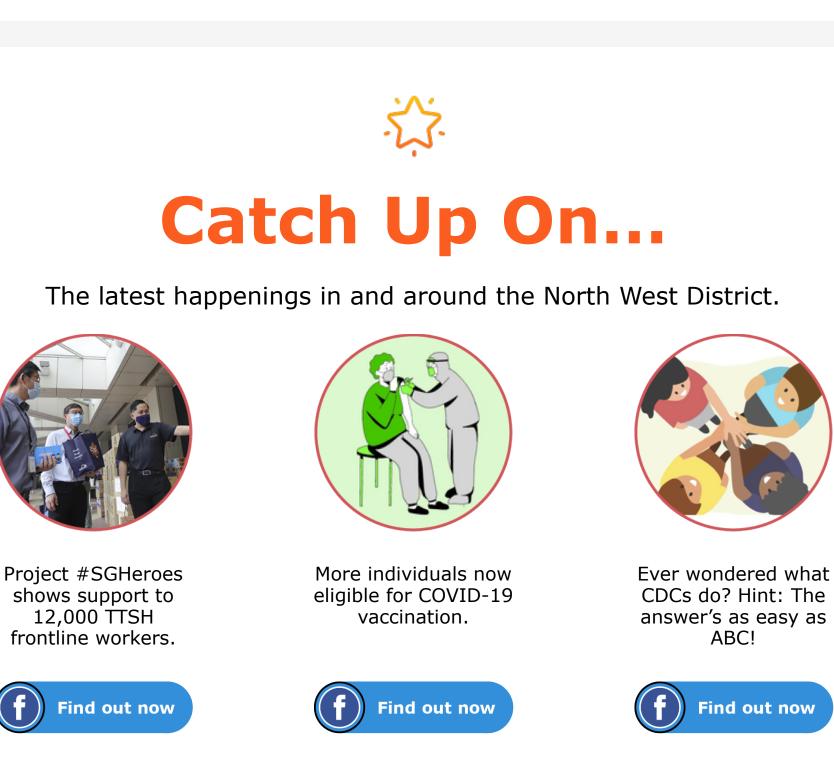
Good food, interesting sights and fun things close to home.

Next issue... We go fishing for the best spots to cast your

#### **North West** line in the North West District!

With Phase 2 (Heightened Alert) coming to an end soon, it's time to plan your return to the great outdoors. So strap on your helmet and get your wheels ready - we are going on a joyride around the North West District. (Do adhere to the latest guidelines to stay safe.)







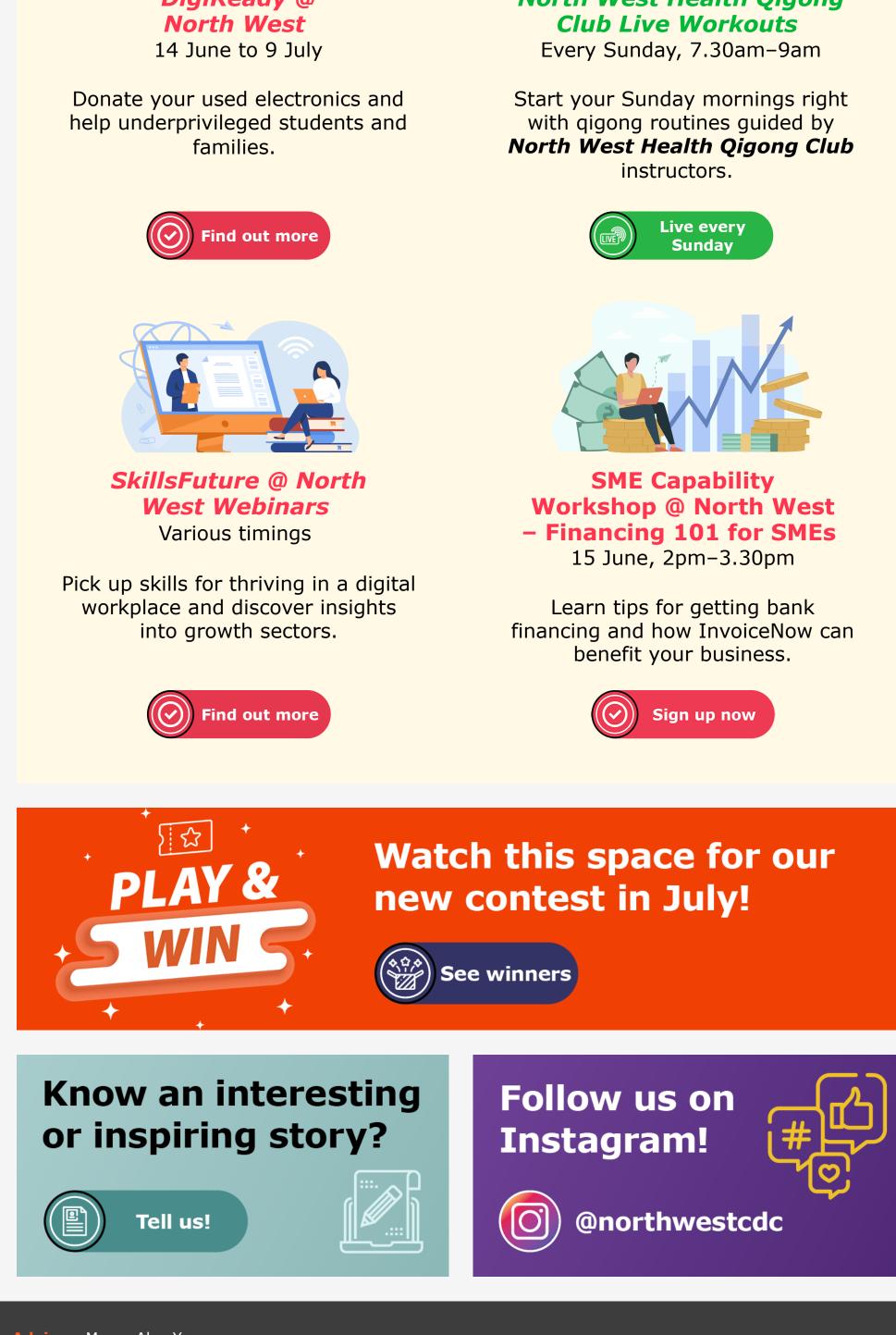
## Don't Miss...



**DigiReady** @ North West



North West Health Qigong Club Live Workouts



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Please send feedback, suggestions and comments to **northwest\_cdc@pa.gov.sg** 

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