

Fitness Face-off: Grassroots Adviser Ms Poh Li San versus North West Youth Assembly



You may have seen her walking the grounds at Sembawang and known her as a Grassroots Adviser. But did you also know that she used to be an RSAF helicopter pilot and keeps a rigorous exercise routine till today? To see if she's still got it, we arranged a few youths to challenge her in a series of exercises from our new **North West FitnessX Club** and **North West Running Club**!

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Is giving back any different during the pandemic?



As Corning International came to learn – giving not only challenges the team's creativity but also their ability to work together in an unprecedented manner. Undaunted, their passion to engage with the community shone through especially in their recent collaborations with the North West CDC.

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Rediscover North West: 9 Places to Go Mural Hopping in the North West District



Good food, interesting sights and fun things close to home.
Next issue...
We unearth more hidden gems in the North West District.

Join us as we bring you on a mural trail through our colourful neighbourhoods, where you can take lots of Insta-worthy photos and learn about local history!

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Subsidised broadband to help vulnerable families stay connected digitally!

Eligibility criteria:



Successful applicant under IMDA Home Access Programme (Auto inclusion group)



Singapore Citizen or Singapore PR with at least one Singaporean household member



Resident of North West District



New contract (sign-up) with Telco



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Catch Up On...

The latest happenings in and around the North West District.



Three ingredients for great health – healthy body, active mind and...?

[f](#) Find out now



What is Fight-Do? Find out with Adviser Ms Poh Li San.

[f](#) Find out now



North West FitnessX Club and North West Running Club launched!

[f](#) See more



Don't Miss...



North West Health Qigong Club Live Workouts

Every Sunday, 7.30am–9am

Start your Sunday mornings right with qigong routines guided by **North West Health Qigong Club** instructors.



Live every Sunday



SGUnited-e2i Jobs and Skills Discovery

11 November, 10am–5pm

Explore over 300 job opportunities and increase your employability with SkillsFuture Advice.



Sign up now



CDC Vouchers Scheme

Ongoing

Calling all hawkers and heartland merchants – sign up to accept CDC vouchers now!



Sign up now



Green Homes @ North West

Ongoing

Outfit your 1-, 2-, or 3-room flat with eco-friendly appliances and win grocery vouchers.



Sign up now



Know an interesting or inspiring story?

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