



Healthier SG Roadshows

Main Stage Programme

Time	28 October (Sat)	29 October (Sun)
10am – 11am	10am: Healthier SG Quiz	Sing Along with Jack Neo + accompanied by <u>Qi Jia</u>, <u>Nity Baizura</u>, <u>Belle Chua</u>, <u>Jason Chung</u> and <u>Leon Ho</u>
11am – 12pm	10:35am: Boom Boom by Singapore Seniors Drum x Bola Beats (Kampong Chai Chee) in partnership with Singapore University of Social Sciences and National Cheng Kung University by People's Association 10:45am: Eating Healthy with Chef John See + accompanied by <u>Das DD</u> and <u>Ann Nicole</u> 11:45am: Kampong Chai Chee Daiko Performing Group by People's Association	11am: Social Cha Cha and Ukulele Performance by Brahm Centre @ Simei 227 11:30am: Healthier SG Quiz
12pm – 1pm	12:05pm: Exercise is Health! by Changi General Hospital and SportSG	12:05pm: Siglap Square Dance Interest Group by People's Association 12:30pm: What You Need To Know About Your Breast by KK Women's & Children's Hospital
1pm – 2pm	Start Your Healthier Journey with Mediacorp Artistes Artiste appearances by <u>Das DD</u>, <u>Ann Nicole</u>, <u>Violet Fen Ying</u> and <u>Ann Kok</u>	Hello Doctor! Let's Talk About Health Artiste appearances by <u>Qi Jia</u>, <u>Nity Baizura</u>, <u>Pan Ling Ling</u> and <u>Huang Shi Nan</u>
2pm – 3pm	2pm: Healthy Ageing in the Community by SingHealth Polyclinics 2:30pm: Dancing Queens by THK Active Ageing Centre @ Bedok	2pm: Fengshan Qigong Interest Group by People's Association 2:30pm: Diabetes & Eye Care by Singapore National Eye Centre
3pm – 4pm	Sing Along with <u>Liu Ling Ling</u> + accompanied by <u>Ann Nicole</u>	Healthy Cooking with <u>Chef Andi</u> + accompanied by <u>Qi Jia</u>
4pm – 5pm	Healthier SG Quiz	4pm: Zumba Gold by Health Promotion Board 4:30pm: Healthier SG Quiz
5pm – 6pm	5pm: Learn with SG Digital Office by IMDA 5:30pm: Zumba Gold by Health Promotion Board	Healthier SG Quiz



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Zone Activities

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Start Your Healthier SG Journey	10am – 6pm: <ul style="list-style-type: none">• Chat with your Regional Health Manager about Healthier SG• Find out more about CHAS, Screen for Life, Vaccinations and more	
Take Time to Stay Active	10am – 6pm: <p>Health Promotion Board:</p> <ul style="list-style-type: none">• Move it! – Challenge Your Mind and Body & Build Up Your Muscles <p>Sport Singapore:</p> <ul style="list-style-type: none">• Active Health Web – Measuring is Knowing	
Eat Well, Live Well	SingHealth <ul style="list-style-type: none">• 10am – 6pm: Dietitian Activities & Games – Healthy Eating National Parks Board <ul style="list-style-type: none">• 2pm – 2:30pm: Edible Gardening for Health	SingHealth <ul style="list-style-type: none">• 10am – 6pm: Dietitian & Community Nursing Activities & Games – Bone Health & Nutrition
Participate in Community Activities	People’s Association: <ul style="list-style-type: none">• Chair Yoga- 10:15am, 11:15am, 12pm, 12:30pm, 1pm, 1:30pm <ul style="list-style-type: none">• KpopX® Lite- 2pm, 2:30pm, 3pm, 3:30pm, 4pm, 4:30pm, 5pm, 5:30pm Active Ageing Centres: <ul style="list-style-type: none">• Tabletop Games- 10am – 6pm	People’s Association: <ul style="list-style-type: none">• Bollywood Dance for Adults- 10am, 10:30am, 11am, 11:30am, 12:15pm, 1:30pm <ul style="list-style-type: none">• Siglap Square Dance Interest Group Showcase- 1pm – 1:30pm <ul style="list-style-type: none">• Hatha Yoga- 2pm, 2:30pm, 3:30pm, 4pm, 4:30pm, 5pm, 5:30pm <ul style="list-style-type: none">• Fengshan Qigong Interest Group Showcase- 3pm – 3:30pm Active Ageing Centres: <ul style="list-style-type: none">• Tabletop Games- 2pm – 6pm