



Healthier SG Roadshows

Main Stage Programme

Time	26 August (Sat)	27 August (Sun)
10am – 11am	10am: The Peak RN Zumba Gold Interest Group by People's Association 10:30am: Zumba Gold by Health Promotion Board	10am: Toa Payoh North Zone 1 RC Billy Stretch Band Interest Group by People's Association 10:30am: Zumba Gold by Health Promotion Board
11am – 12pm	Eating Healthy with <u>Chef John See</u> + accompanied by <u>Vimala and Zhu Zeliang</u>	Eating Healthy with <u>Chef Johnathan Chew</u> + accompanied by <u>Pan Jiabiao and Nity Baizura</u>
12pm – 1pm	Healthier SG Quiz	12pm: Healthier SG Quiz 12:30pm: Learn with SG Digital Office by IMDA
1pm – 2pm	Start Your Healthier Journey with Mediacorp Artistes Artiste appearances by <u>Vimala, Zhu Zeliang, Rayson Tan and Chen Li Ping</u>	Hello Doctor! Let's Talk About Health with Mediacorp Artistes Artiste appearances by <u>Pan Jiabiao, Nity Baizura, Rahimah Rahim and Liu Ling Ling</u>
2pm – 3pm	Healthier SG Quiz	Healthier SG Quiz
3pm – 4pm	Healthier SG Quiz	Sing Along with Artiste Lin Ru Ping + accompanied by <u>Pan Jiabiao</u>
4pm – 5pm	4:05pm: Marymount AAC Line Dance Interest Group by People's Association 4:15pm: Let's Get Active with May Phua + accompanied by <u>Vimala and Zhu Zeliang</u>	4pm: Thomson CC SCEC Danz4U Interest Group by People's Association 4:30pm: Healthier SG Quiz
5pm – 6pm	5:30pm: Healthier SG Quiz	Healthier SG Quiz



Healthier SG Roadshows Zone Activities

	26 August (Sat)	27 August (Sun)
Start Your Healthier SG Journey	10am to 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 to 6pm: Health Promotion Board: <ul style="list-style-type: none"> • Move it! – Challenge Your Mind and Body & Build Up Your Muscles Sport Singapore: <ul style="list-style-type: none"> • Active Health Web – Measuring is Knowing 	
Eat Well, Live Well	National Healthcare Group Tan Tock Seng Hospital <ul style="list-style-type: none"> • 1:30pm: Myths and Facts on Diet for Weight Management • 3pm: Myths and Facts on Nutrition for Frailty • 4:15pm: Myths and Facts on Diet for Diabetes 	National Healthcare Group Tan Tock Seng Hospital <ul style="list-style-type: none"> • 12:30pm: Myths and Facts on Diet for Weight Management • 2pm: Myths and Facts on Nutrition for Frailty • 2:30pm: Myths and Facts on Diet for Diabetes
Participate in Community Activities	People's Association: <ul style="list-style-type: none"> • FitBeatz®GOLD <ul style="list-style-type: none"> - 10am – 10:30am - 10:45am – 11:15am - 11:30am – 12pm - 12:15pm – 12:45pm - 1pm – 1:30pm - 1:45pm – 2pm • KpopX Fitness® Lite <ul style="list-style-type: none"> - 2pm – 2:30pm - 2:45pm – 3:15pm - 3:30pm – 4pm - 4:30pm – 5pm - 5:30pm – 6pm • Marymount AAC Line Dance <ul style="list-style-type: none"> - 5pm – 5:30pm Active Ageing Centres: <ul style="list-style-type: none"> • Tabletop Games by Care Corner <ul style="list-style-type: none"> - 10am – 6pm 	People's Association: <ul style="list-style-type: none"> • Chair Yoga <ul style="list-style-type: none"> - 10am – 10:30am - 10:45am – 11:15am - 11:30am – 12pm - 12:15pm – 12:45pm - 1pm – 1:30pm - 1:45pm – 2pm • Billy Stretch Band Interest Group <ul style="list-style-type: none"> - 10:30am – 10:45am • Recreational Folk Dance <ul style="list-style-type: none"> - 2pm – 2:30pm - 2:45pm – 3:15pm - 3:30pm – 4pm - 4:15pm – 4:30pm - 4:45pm – 5:15pm - 5:30pm – 6pm • Thomson CC SCEC Danz4U Interest Group <ul style="list-style-type: none"> - 4:30pm – 4:35pm Active Ageing Centres: <ul style="list-style-type: none"> • Tabletop Games by Care Corner <ul style="list-style-type: none"> - 10am – 1pm