



Healthier SG Roadshow

Main Stage Programme

Time	4 November (Sat)	5 November (Sun)
10am – 11am	10am: Dance Performance by Ghim Moh Active Ageing Centre (Care) 10:30am: Drums Alive Golden Beats by TRANS FOCUS Active Ageing Centre	Sing Along with <u>Jack Neo</u> + accompanied by <u>Mary Bukoh</u>, <u>Xixi Lim</u>, <u>Charlene Huang</u> and <u>Leon Ho</u>
11am – 12pm	11:35am: Zhenghua Health Qigong Interest Group by People’s Association 11:45am: Eating Healthy with <u>Chef John See</u> + accompanied by <u>Das DD</u> and <u>Nity Baizura</u>	11am: Senja-Cashew CC SCEC Dance Fit Club Interest Group by People's Association 11:30am: Learn with SG Digital Office by IMDA
12pm – 1pm		12pm: Ukulele Performance by PCS Hannah Active Ageing Centre 12:30pm: Zumba Gold by Health Promotion Board
1pm – 2pm	Start Your Healthier Journey with Mediacorp Artistes Artiste appearances by <u>Das DD</u>, <u>Nity Baizura</u>, <u>Ann Kok</u> and <u>Brandon Wong</u>	1pm: Hello Doctor! Let’s Talk About Health Artiste appearances by <u>Mary Bukoh</u>, <u>Nity Baizura</u>, <u>Chen Li Ping</u> and <u>Cavin Soh</u>
2pm – 3pm	2pm: Healthier SG Quiz 2:30pm: Zhenghua CC FitnessX Interest Group by People’s Association	Sing Along with <u>Lin Ru Ping</u> + accompanied by <u>Mary Bukoh</u> and <u>Nity Baizura</u>
3pm – 4pm	Sing Along with <u>Ke Le</u> + accompanied by <u>Nity Baizura</u>	Healthy Cooking with <u>Chef Andi</u> + accompanied by <u>Mary Bukoh</u> and <u>Nity Baizura</u>
4pm – 5pm	4pm: High Cholesterol and Your Heart Health by National University Heart Centre Healthy Eating for Your Heart by National University Hospital	4pm: Bukit Panjang CC SCEC Health Qigong Interest Group by People's Association 4:30pm: Am I Too Old for Cancer by National University Cancer Institute
5pm – 6pm	5pm: Zumba Gold by Health Promotion Board 5:30pm: Healthier SG Quiz	Healthier SG Quiz



Healthier SG Roadshow

Zone Activities

	4 November (Sat)	5 November (Sun)
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: 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	Health Promotion Board: <ul style="list-style-type: none">• 10am – 6pm: Find out more about Healthy Plate and Nutri-Grade National University Health System: <ul style="list-style-type: none">• 11am – 1pm: Dietitian & Community Nursing Activities & Games National Parks Board <ul style="list-style-type: none">• 2pm – 2:30pm: Edible Gardening for Health	Health Promotion Board: <ul style="list-style-type: none">• 10am – 6pm: Find out more about Healthy Plate and Nutri-Grade
Participate in Community Activities	People’s Association: <ul style="list-style-type: none">• Piloxing® SSP Lite<ul style="list-style-type: none">- 10am, 10:30am, 11am, 11:45am, 1pm, 1:30pm• Zhenghua Health Qigong Interest Group<ul style="list-style-type: none">- 12:30pm• Hatha Yoga<ul style="list-style-type: none">- 2pm, 2:30pm, 3pm, 4pm, 4:30pm, 5pm, 5:30pm• Zhenghua CC FitnessX Interest Group<ul style="list-style-type: none">- 3:30pm Active Ageing Centres: <ul style="list-style-type: none">• Active Ageing with Active Global and Fun with Crafts<ul style="list-style-type: none">- 10am – 2pm• Tabletop Games and Tian Mi Mi<ul style="list-style-type: none">- 2pm – 6pm	People’s Association: <ul style="list-style-type: none">• Line Dance Fusion<ul style="list-style-type: none">- 10am, 10:30am, 11am, 11:30am, 12pm, 12:30pm, 1pm, 1:30pm• Senja-Cashew CC SCEC Dance Fit Club Interest Group<ul style="list-style-type: none">- 12pm• Hatha Yoga<ul style="list-style-type: none">- 2pm, 2:30pm, 3:30pm, 4pm, 4:30pm, 5pm, 5:30pm• Bukit Panjang CC SCEC Health Qigong Interest Group<ul style="list-style-type: none">- 3pm Active Ageing Centres: <ul style="list-style-type: none">• Spin The Wheel and Fun with Crafts<ul style="list-style-type: none">- 10am – 2pm• 3D Origami Craft<ul style="list-style-type: none">- 2pm – 6pm