



Healthier SG Roadshows

Main Stage Programme

Time	21 October (Sat)	22 October (Sun)
10am – 11am	10am: Tune UP by Wellness Kampung @ 765 Nee Soon Central and Yishun Public Library 10:35am: Nee Soon Central Dance Fit Interest Group by People’s Association	10am: Nee Soon Link CSN SIG FitnessX Club by People’s Association 10:30am: Hulusi Performance by Goodlife! Yishun
11am – 12pm	10:45am: Healthy Cooking with Chef Andi + accompanied by <u>Zheng Yu Rong</u> and <u>Nity Baizura</u>	Sing Along with Rahimah Rahim + accompanied by <u>Jian Wen</u> and <u>Nity Baizura</u>
12pm – 1pm	12pm: Healthier SG Quiz 12:30pm: Zumba Gold by Health Promotion Board	12pm: "Can We Live Without Salt?" by Yishun Health 12:30pm: Zumba Gold by Health Promotion Board
1pm – 2pm	Start Your Healthier Journey with Mediacorp Artistes Artiste appearances by <u>Zheng Yu Rong</u>, <u>Nity Baizura</u>, <u>Chen Li Ping</u> and <u>Rayson Tan</u>	Hello Doctor! Let’s Talk About Health with Mediacorp Artistes Artiste appearances by <u>Jian Wen</u>, <u>Nity Baizura</u>, <u>Ann Kok</u>, <u>Violet Fen Ying</u>
2pm – 3pm	2pm: Nee Soon Central Taiji Rhythmic Ball Interest Group 柔力球兴趣小组 by People’s Association 2:30pm: Learn with SG Digital Office by IMDA	2pm: Nee Soon South CC Bollyrobic Interest Group by People’s Association 2:30pm: Healthier SG Quiz
3pm – 4pm	Sing Along with <u>Lin Ru Ping</u> + accompanied by <u>Zheng Yu Rong</u>	Eating Healthy with <u>Chef Mel Dean</u> + accompanied by <u>Jian Wen</u>
4pm – 5pm	Healthier SG Quiz	4pm: Healthier SG Quiz 4:30pm: Line dance and Cha Cha by Anglican Senior Centre
5pm – 6pm		Healthier SG Quiz



Healthier SG Roadshows

Zone Activities

	21 October (Sat)	22 October (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: <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	National Healthcare Group Yishun Health Dietetics <ul style="list-style-type: none">• 10am – 12pm: Nutrition Quiz (Myths and Facts)• 2pm – 4pm: Nutrition Quiz (Myths and Facts)	National Healthcare Group Yishun Health Dietetics <ul style="list-style-type: none">• 10am – 12pm: Nutrition Quiz (Myths and Facts)• 1pm – 3pm: Nutrition Quiz (Myths and Facts)
Participate in Community Activities	People’s Association: <ul style="list-style-type: none">• Zumba® Gold<ul style="list-style-type: none">- 10:30am, 11am, 12pm, 12:30pm, 1pm, 1:30pm• Nee Soon Central Dance Fit Interest Group Showcase<ul style="list-style-type: none">- 11:30am – 12pm• KpopX® Lite<ul style="list-style-type: none">- 2pm, 2:30pm, 3:30pm, 4pm, 4:30pm, 5pm, 5:30pm• Nee Soon Central Taiji Rhythmic Ball Interest Group 柔力球兴趣小组 Showcase<ul style="list-style-type: none">- 3pm – 3:30pm Active Ageing Centres <ul style="list-style-type: none">• Tabletop Games and Active Ageing at St Luke's & Wellness Kampung<ul style="list-style-type: none">- 10am – 2pm• Hands-on Coaster Making & Keychain Workshop and Baking Workshop Sharing by Xprienz Baking School<ul style="list-style-type: none">- 2pm – 6pm	People’s Association: <ul style="list-style-type: none">• KpopX® Fitness<ul style="list-style-type: none">- 10am, 10:30am, 11:30am, 12pm, 12:30pm, 1pm, 1:30pm• Nee Soon Link CSN SIG FitnessX Club Showcase<ul style="list-style-type: none">- 11am – 11:30am• Hatha Yoga<ul style="list-style-type: none">- 2pm, 2:30pm, 3:30pm, 4pm, 4:30pm, 5pm, 5:30pm• Nee Soon South CC Bollyrobic Interest Group Showcase<ul style="list-style-type: none">- 3pm – 3:30pm Active Ageing Centres: <ul style="list-style-type: none">• Cup Stacking and Tabletop Games<ul style="list-style-type: none">- 10am – 2pm• Electric fishing and Tic-tac-toe<ul style="list-style-type: none">- 2pm – 6pm