



Healthier SG Roadshows

Main Stage Programme

Time	30 September (Sat)	1 October (Sun)
10am – 11am	10:05am: Pasir Ris West Ukulele Interest Group by People's Association	10am: Punggol West AAC Line Dance Interest Group by People's Association
11am – 12pm	10:15am: Healthy Lifestyle Chit Chat with Ben Yeo + accompanied by <u>Qi Jia</u> and <u>Nity Baizura</u> 11:30am: Stay Healthy at Midlife for Women by KK Women's and Children's Hospital	Healthy Cooking with <u>Chef John See</u> + accompanied by <u>Chen Ning</u> and <u>Gunalan Morgan</u>
12pm – 1pm	12pm: Ukulele and Dance by Methodist Welfare Services Active Ageing Centre - Golden Lily@Pasir Ris 12:30pm: Learn with SG Digital Office by Infocomm Media Development Authority (IMDA)	12pm: Breast Cancer Awareness Talk organised by North East Community Development Council and SingHealth 12:30pm: Zumba Gold by Health Promotion Board
1pm – 2pm	Start Your Healthier Journey with Mediacorp Artistes Artiste appearances by <u>Qi Jia</u>, <u>Nity Baizura</u>, <u>Xiang Yun</u> and <u>Qiu Sheng Yang</u>	Fall Prevention Awareness with Mediacorp Artistes Artiste appearances by <u>Chen Ning</u>, <u>Gunalan Morgan</u>, <u>Brandon Wong</u> and <u>Violet Fen Ying</u>
2pm – 3pm	2pm: Pelvic Floor Health for Better Quality of Life by KK Women's and Children's Hospital 2:30pm: Zumba Gold by Health Promotion Board	2pm: Tips for Healthy Living by SingHealth Polyclinics 2:30pm: Pasir Ris Zone 10 RN Line Dance Interest Group by People's Association
3pm – 4pm	Healthy Eating with Chef Mel Dean + accompanied by <u>Qi Jia</u>	Sing Along with Singer Rahimah Rahim + accompanied by <u>Chen Ning</u>
4pm – 5pm	Healthier SG Quiz	4pm: Diabetes and Eye Care by Singapore National Eye Centre 4:30pm: Stepping Into A Healthier You: Using National Library Board's Physical and Digital Resources for Health and Wellness
5pm – 6pm		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: 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	SingHealth: <ul style="list-style-type: none">• 10am – 2pm: Dietitian Activities & Games• 2pm – 2:45pm: Musculoskeletal Health• 2:45pm – 6pm: Dietitian Activities & Games	SingHealth: <ul style="list-style-type: none">• 10am – 6pm: Dietitian & Community Nursing Activities & Games
Participate in Community Activities	People’s Association: <ul style="list-style-type: none">• KpopX ® Lite- 10:15am, 11:20am, 11:50am, 12:20pm, 12:50pm, 1:20pm, 1:50pm• Social Dance- 2pm, 2:30pm, 3pm, 3:30pm, 4pm, 4:30pm, 5pm, 5:30pm Active Ageing Centres: <ul style="list-style-type: none">• Polyclay Craft Making- 10am – 1pm• Silver Frisbee- 10am – 1pm• Zentangle Pouch- 1pm – 6pm	People’s Association: <ul style="list-style-type: none">• Karate for Seniors- 10am, 10:30am, 11:15am, 11:45am 12:15pm, 12:45pm, 1:15pm, 1:45pm• Punggol West AAC Line Dance Interest Group- 10:45am – 11:15am• Bollywood Dance for Adults- 2pm, 2:30pm, 3pm, 4pm, 4:30pm, 5pm 5:30pm• Pasir Ris East CC Line Dance Interest Group- 3:30pm – 4pm