



Healthier SG Roadshows

Main Stage Programme

Time	29 July (Sat)	30 July (Sun)
9am – 10am	Healthier SG Quiz	9am: Healthier SG Interactive Game with <u>Das DD</u> and <u>Chen Ning</u>
10am – 11am	10am: Marsiling CC Dance Fit Club by People's Association 10:30am: Dance Performance by Sunlove Active Ageing Centre @ Marsiling	9:35am: Limbang Green RC Dance Fit Club by People's Association 9:45am: Sing Along Session with Artiste <u>Lin Ru Ping</u> 10:30am: Zumba Gold by Health Promotion Board
11am – 12pm	Cook Your Way To Health with <u>Li Nanxing</u> + accompanied by <u>Das DD</u> and <u>Chen Ning</u>	Healthy Cooking with <u>Chef Bob</u> + accompanied by <u>Das DD</u> and <u>Chen Ning</u>
12pm – 1pm	Cervical Cancer Screening and Prevention by National University Cancer Institute, Singapore	Preventing Colorectal Cancer by Ng Teng Fong General Hospital
1pm – 2pm	Start Your Healthier Journey with Mediapor Artistes Artiste appearances by <u>Das DD</u> , <u>Chen Ning</u> , <u>Zheng Ge Ping</u> and <u>Aileen Tan</u>	1pm: Learn with SG Digital Office by IMDA 1:30pm: Woodgrove RN Zone 7 Dance Fit Club by People's Association
2pm – 3pm	2pm: Yew Tee CC Line Dance Interest Group by People's Association 2:30pm: Healthier SG Quiz	Dance Performance by Orange Valley Active Ageing Centre @ Woodlands Peak
3pm – 4pm	Hello Doctor: Let's Talk About Health! Artiste appearances by <u>Das DD</u> , <u>Chen Ning</u> , <u>Priscelia Chan</u> and <u>Rayson Tan</u>	Let's Get Active with <u>May Phua</u> + accompanied by <u>Chen Qijia</u>
4pm – 5pm	4pm: Zumba Gold by Health Promotion Board 4:30pm: Healthier SG Quiz	Healthier SG Quiz



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Zone Activities

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Start Your Healthier SG Journey	9am to 5pm: <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	9am to 5pm: 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 <ul style="list-style-type: none"> • 9am – 11am: Nutrition Quiz and Engagement by Woodlands Health Dietitian Team • 12pm – 3pm: Healthy Plate Activity by Woodlands Health Coaches National Parks Board <ul style="list-style-type: none"> • 3pm – 3.30pm: Edible Gardening for Health 	National University Health System <ul style="list-style-type: none"> • 9am – 11am: Nutrition Quiz and Engagement
Participate in Community Activities	People's Association <ul style="list-style-type: none"> • Piloxing® SSP Lite <ul style="list-style-type: none"> - 9am – 9:15am - 9:30am – 10am - 10:15am – 10:45am - 11:15am – 11:45am • Marsiling CC Dance Fit Interest Group <ul style="list-style-type: none"> - 10:45am - 11:15pm - 11:45am – 12:15pm • Zumba® Gold <ul style="list-style-type: none"> - 1pm – 5pm Active Ageing Centres: <ul style="list-style-type: none"> • Tabletop Games and Puzzles <ul style="list-style-type: none"> - 9am – 1pm • Spin The Wheel & Memory Game <ul style="list-style-type: none"> - 1pm – 5pm 	People's Association <ul style="list-style-type: none"> • Bollywood Dance for Adults <ul style="list-style-type: none"> - 9am – 9:30am - 10am – 10:30am - 11am – 11:30am - 12pm – 12:30pm - 12:45pm – 1pm • Limbang CC Dance Fit Club <ul style="list-style-type: none"> - 10:30am – 11am - 11:30am – 12pm • PAssion Mambo <ul style="list-style-type: none"> - 1pm – 5pm • Woodgrove Dance Fit Interest Group <ul style="list-style-type: none"> - 2:30pm – 3pm Active Ageing Centres: <ul style="list-style-type: none"> • Paper Quilling and Matching Card Games <ul style="list-style-type: none"> - 9am – 1pm • Tabletop Games <ul style="list-style-type: none"> - 1pm – 5pm