



Healthier SG Roadshows

Location: Bishan–Ang Mo Kio Park, Ficus Green

Date: 8 July 2023, 9am – 6pm

Main Stage

9.00am	Welcome Chat with Zoe Tay, Chen Han Wei and Jin Yin Ji	1.00pm	Talk on Diabetes, Hypertension and High Cholesterol by National University Heart Centre Singapore
9.10am	Pa Pa Zou's Adventure with Jack Neo	2.00pm	Get Active With Mediacorp Artistes – Xiang Yun, Aileen Tan and Najip Ali
9.30am	<ul style="list-style-type: none">Teck Ghee Silver Cha Cha Cha by People's AssociationLaunch of Healthier SG Roadshows	3.00pm	<ul style="list-style-type: none">African Drum by Lions BefrienderKalimba Performance by Thye Hua Kwan Moral CharitiesAngklung by Home Nursing Foundation
11.00am	A Journey to Wellness Talk by National Healthcare Group	4.00pm	<ul style="list-style-type: none">Zumba Gold by Health Promotion BoardTea Dance by People's Association
11.45am	Groovin to Healthier SG by Silver Generation Ambassadors	5.00pm	Residents' Journey on H365 by Health Promotion Board
12.00pm	The Healthy Blind Box Challenge with MasterChef, Chef Leon		

Don't miss out on the special giveaways for attending our stage programme!

Programme is accurate as of print



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Main Stage

9.00am	<ul style="list-style-type: none">• Kalimba Performance by Thye Hua Kwan Moral Charities• Acapella Singing by AMKFSC Community Services• Zumba Gold by Health Promotion Board	1.00pm	Participate in Community Fun Activities with AB Shaik, Mike Kasem, Kym Ng and Ling Zhi
10.00am	<ul style="list-style-type: none">• Social Dance by People’s Association• African Drum by Lions Befriender	2.00pm	Exercise is Medicine! by SingHealth and Sport Singapore
11.00am	Healthy Food Made Easy with Celebrity Chef Pung Lu Tin	3.00pm	Hello Doctor: Let’s Talk About Health! with Lee Teng, Marcus Chin, Dennis Chew and Liu Ling Ling
12.00pm	<ul style="list-style-type: none">• Residents’ Journey on H365 by Health Promotion Board• Learn with SG Digital Office by Infocomm Media Development Authority (IMDA)	4.30pm	Zumba by People’s Association
		5.00pm	Low Impact Aerobics Dance by Methodist Welfare Services

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Zone Activities

Start Your Healthier SG Journey

- Chat with your Healthcare Regional Manager about Healthier SG

Take Time to Stay Active

Health Promotion Board:

- Move it! – (1) Challenge your mind and body & (2) Build up your muscles

Sport Singapore:

- Active Health Web – Measuring is Knowing
- Active Health Playmat

Eat Well Live Well

- Nutrition Quiz and Engagement By **Dietitian Team**

Special Programme

1.00pm – 1.30pm:

A practical approach to adopting a healthier lifestyle for Singaporeans by Singhealth

2.00pm – 2.30pm:

Edible Gardening for Health by National Parks Board

Participate in Community Activities

Morning

- **People's Association:** Piloxing and Zumba
- **Active Ageing Centres:** IM-Healthy Station, Creative Miniature Class, Beach Ball and Mind Reflex Game

Afternoon

- **People's Association:** Kpop and Tea Dance
- **Active Ageing Centres:** Bring a plant home, Still Life Colouring and Silver Frisbee



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Eat Well Live Well

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Special Programme

4.00pm – 4.30pm:

Loving your bones understanding osteoporosis and Healthy Diet by **Singhealth**

Participate in Community Activities

Morning

- **People's Association:** FitBeatz®Gold
- **Active Ageing Centres:** Basic Chinese Calligraphy, Table-Top Games

Afternoon

- **People's Association:** Table Tennis Session
- **Active Ageing Centres:** Stacking Cup and Painting On bags