

**An International Museum Day Activity
for senior citizens**

DIABETES : DISCOVERY OF TRUTHS

⌘ Sat, 31 May 08 ⌘ 10am – 12noon ⌘ HealthZone, Level 2 HPB

In support of the International Museum Day 2008, HealthZone brings you a special programme 'Diabetes : Discovery of Truths'. You will learn about diabetes, its symptoms and preventive measures and other health tips through a health talk, light exercise workout and tour of the exhibition centre. What's more, you will enjoy free health checks and receive a door gift pack.



1 Health Talk with Fun Exercise Workout

At the health talk, you will find out more about diabetes, its risk factors, symptoms and preventive tips. Round up the session with a light and enjoyable exercise workout with the fitness instructor.



The session is available in English or Mandarin.

2 Free Checks

High blood pressure and being overweight are two risk factors of diabetes. Get a free blood pressure check and Body Mass Index measurement at HealthZone and have our nurses to give you some health tips!



3 Tour of HealthZone

Pick up healthy lifestyle tips as you check out the colourful exhibits and try your hand at the interactive computer programmes.

Special Price: \$4 per person

★ Take home a door gift pack worth more than \$10

Organised by:



Supported by:



Pre-registration is required. Please fax the registration form to 6538 7725.

For more information, call Ms Tracia Chew at 6435 3217 or HealthZone at 1800 435 3616

HealthZone is located at Level 2 Health Promotion Board, 3 Second Hospital Ave S(168937)

BOOKING FORM

(Please send completed form to Fax: 6538 7725 or Email: HPB_Health_Zone@hpb.gov.sg)

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NAME OF ORGANISATION : _____

ADDRESS : _____

CONTACT PERSON : _____ DESIGNATION : _____

TEL NO. : _____ (O) _____ (HP) FAX NO.: _____

EMAIL ADDRESS : _____ (Confirmation will be sent via email)

PROGRAMME

- Health talk on 'Diabetes: Discovery of Truths'
- 'Stretch for Better Health' exercise workout
- Free blood pressure check and Body Mass Index measurement
- Self-exploratory tour of HealthZone exhibition centre

This programme is recommended for senior citizens.

Fee: \$4 per person

Each participant will bring home a door gift pack worth more than \$10.

BOOKING DETAILS

Category	Language for Health Talk (English / Mandarin)	Fee	No. of Participant	Total Amount Payable
Senior citizen		\$4		

If you would like to attend this programme on other dates, please call HealthZone for more information.

1. Booking is on first-come-first-served basis. Your booking is confirmed upon receipt of written confirmation from HealthZone.
2. For more information, call Ms Tracia Chew at 6435 3217 or HealthZone at 1800 4353616.

