



Inspiring Healthy Living
2001 - 2011



LET'S get HEALTHY TOGETHER



Take your family on a healthy trail at the launch of the National Healthy Lifestyle Campaign 2011

Discover different ways to eat healthy and stay active anytime, anywhere.

- Join in the fun and get a free Healthy Lifestyle Bag
- Be treated to tasty local delights with a healthy twist
- Learn to prepare fuss-free meals that are healthy and delicious
- Get free BMI and blood pressure checks
- Find out how you can perk up your shopping experience with Health Promoting Malls

Venue

Sengkang Community Club (Hardcourt)

Details

Saturday, 22 Oct (11am – 8pm)
Sunday, 23 Oct (9am – 8pm)

Admission is free

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