



Living Well into the **Golden** Years

Maintaining Vitality Through Nutrition & Exercise

- Virtual Workshop -

Date: 28 Oct 22 (Fri) or 10 Mar 23 (Fri)

Time: 2.00pm - 5.30pm

SPEAKERS



Mr Won Tin Chiang
Principal Dietitian
Toa Payoh Polyclinic



Ms Lori Pang
Senior Physiotherapist
Woodlands Polyclinic

Join our experts virtually to learn how a **healthy diet and suitable exercise routines** can give you the **immunity and energy** you need to maintain vitality and keep frailty at bay!



Scan to register!

Registration link: <https://for.sg/nhgppcaregform>

Full Course Fee*: \$44.94 (w GST)
After NSA Subsidy*^: \$11.34 (w GST)

*SkillsFuture credit claimable

^Applicable only for Singaporeans/SPRs
aged 50 years and above