

# HealthyAgeing

ROADSHOW 2023



**5 August 2023, Saturday**  
**9.00 am to 1.00 pm**

Venue: NTUC Health Day Centre for Seniors  
(Serangoon Central)  
264 Serangoon Central, #01-207,  
Singapore 550264

**NO ADMISSION FEE**

**Join us to find out how you and your senior loved ones  
can remain active, happy and engaged!**

**Look out for these exciting activities!**



**GET MOVING WITH FUN-ROBICS -  
A FREE AEROBIC EXERCISE**

Groove to music and get your heart  
pumping! Suitable for all ages.



**FUN BOOTH ACTIVITIES**

Join us for interactive games and  
stand a chance to win giveaways!



**FREE HEALTH TALKS BY HEALTHCARE PROFESSIONALS AND FITNESS TRAINER**

How do we maintain strong muscles and an active mind as we age?  
Why are health screenings and influenza vaccinations important? Join us to find out!



**FUNCTIONAL SCREENING FOR SINGAPOREANS AGED 60 AND ABOVE**

Scan the QR Code to find out more about Silver Generation Office's functional screening!



- Scan the QR code to find our full programme schedule and RSVP!
- Be the first 50 persons to RSVP and receive a free dental kit!
- Call or Whatsapp us at 8948 3086 for more details!



[https://ntuhealth.sg/  
healthyageing2023](https://ntuhealth.sg/healthyageing2023)

Our Partners



Part of AIC



Braddell Heights Grassroots Organisations



DIGITAL  
OFFICE

In support of



PLAY IT FORWARD

# HealthyAgeing

2023健康乐龄活动



2023年8月5日，星期六  
上午9点至下午1点

地点：职总保健乐龄护理中心  
(实龙岗中心)  
实龙岗中心大牌264,  
#01-207, 新加坡邮编 550264

入场免费!

快来报名参加我们的健康乐龄活动，  
了解如何让您和家中的年长者保持活跃与身心健康吧!

## 我们为您安排一系列精彩活动!



### 免费的欢乐健身操

随着音乐和我们的教练一起动起来!  
这个健身操适合所有年龄。



参与展位活动可赢取小奖品  
浏览展览展位并参加互  
动游戏就有机会赢取奖品!



### 免费健康讲座

随着年龄的增长，我们该如何保持身体强壮和身心活跃呢?  
想了解流感疫苗接种和健康检查的重要性吗?参加我们的免费健康讲座，  
和专业的医疗保健人员和健身教练了解更多吧!



### 60岁及以上居民健康检查

扫描二维码了解关爱乐龄办事处 (Silver Generation Office) 健康检查的信息。



- 扫描二维码报名参加活动并获取完整的活动日程表!
- 前50名确认出席者将获赠免费的牙科护理包!
- 预知更多详情请致电或WhatsApp 8948 3086 联络我们。



<https://ntuhealth.sg/healthyageing2023>

合作伙伴



鼎力支持