

A-Life!

Healthy Living Happy Life

A 'Stay Well' initiative brought to you by

 **Alexandra Hospital**

The workshops are planned and conducted by a team of allied health professionals including certified dietitian, physiotherapists, occupational therapists and pharmacists.



These workshops are specially designed for individuals aged 40 years and above.

The workshops will be delivered in English and Chinese.

Alexandra Hospital's signature health education program where we get to know each other and learn about eating and living well for a healthy lifestyle. The programme runs for 2 to 2.5 hours, every other week.

session 1

Take Control of Your Weight!

维持良好体重, 保有健康

session 2


Beat Diabetes!

战胜糖尿病

session 3

Caring for Your Heart!

从'心'开始, 照顾健康

 **Safe distancing and safe management measures will be put in place during the workshops.**



If you are ready to keep healthy, age well and reduce the risk of chronic diseases, please contact AH RICE Community at

AH_Community@nuhs.edu.sg



Take the first step towards health empowerment and prevention with Alexandra Hospital.

For Singaporeans and Permanent Residents only
All workshops are **non-chargeable**