

List of NUHS Community Events

S/N	Constituency	Event Name	Date / Day	Time	Event Venue	Registration Required	Contact Details (For Enquiries)
1	All	Monthly Caregiver Talk	Last Saturday of every month* (Except December, will be held 3 rd week of December)	1100 - 1200	ZOOM	Yes	Register here: https://for.sg/caregiver For enquiries, please email: JHCampus_Life@nuhs.edu.sg
2	All	NUH Health Education Hub Lunchtime Talk – Staying Active with Knee Osteoarthritis	Fri, 17 Jan 25	1300 - 1400	ZOOM	Yes	For enquiries, please email healthiersgoffice@nuhs.edu.sg . Details of events are subject to changes. Registration is strictly required. Register here: https://for.sg/nuh-health-education-talks
3	All	NUH Health Education Hub Lunchtime Talk Part 1: Nutritious Food Upcycled from the Agrifood Industry Part 2 – Eating Healthily and Sustainably by SPORE Gardens	Fri, 24 Jan 25	1300 - 1400	NUHS Tower Block (Zone T) Venue: Seminar Room T01-01 1E Kent Ridge Rd, Spore 119228	Yes	For enquiries, please email healthiersgoffice@nuhs.edu.sg . Details of events are subject to changes. Registration is strictly required. Register here: https://for.sg/nuh-health-education-talks
4	All	NUH Health Education Hub Lunchtime Talk – Journeying Well with Diabetes: From a Psychosocial Lens	Fri, 31 Jan 25	1300 - 1400	ZOOM	Yes	For enquiries, please email healthiersgoffice@nuhs.edu.sg . Details of events are subject to changes. Registration is strictly required. Register here: https://for.sg/nuh-health-education-talks
5	Bukit Batok East	CHP Health Talk - Understanding Dementia ⁺	Mon, 3 Feb 25	1400 - 1500	THK Active Ageing Centre @ Bukit Batok 235 Bukit Batok East Ave 5, Gombak Gardens, #01-21, Spore 650235	Yes	Email: AAC.bukitbatok@thkmc.org.sg Tel: 6566 5303
6	Ulu Pandan	Ulu Pandan Senior Gathering	Sun, 16 Feb 25	1000 - 1400	Blk 33 Ghim Moh Link Pavilion 33 Ghim Moh Link, Spore 270033	Yes	Email: PA_ulupandanc@pa.gov.sg Tel: 6463 7333
7	Pioneer	Seniors Health & Wellness Activity Day 2025	Sat, 22 Feb 25	0900 - 1300	The Frontier CC, Level 4 MPH 60 Jurong West Central 3, #01-01, Spore 648346	Yes	Email: PA_Thefrontiercc@pa.gov.sg Tel: 6795 5838