

Jin Jia Ho! Bagus! 真正好

If you are 60 years old and above, join our healthy lifestyle programme.



DO YOU HAVE THESE ISSUES?
LET US HELP YOU!

- CHRONIC CONDITIONS EG. HIGH BLOOD PRESSURE, DIABETES, CHOLESTEROL
- BREATHLESSNESS
- UNEXPLAINED WEIGHT LOSS



HEALTHCARE
健康好

Consult onsite nurses about ailments.



EXERCISE
运动好

Strengthen your muscles
Get fit and healthy.



NUTRITION
吃得好

Get tips on food that are good for you.



COGNITION
脑筋好

Improve your cognitive function with the HAPPY exercise programme.



SOCIAL
交情好

Be in a healthy community with cooking classes, games, outings etc.



6895 3283

Mon – Fri
[9AM – 5PM]



HOME/
ONSITE VISIT

We will advise if you are suitable for a free health assessment.



ACTION

We will recommend interesting activities specially for you!