

Combating Chronic Diseases Create Your Own Exercise Regime



Available Dates for English sessions:

2nd December 2019, Monday

11th January 2020, Saturday

2nd March 2020, Monday

8th April 2020, Wednesday

Available Date for Mandarin sessions:

8th February 2020, Saturday

Time:

8.30am – 12.00pm

Regular physical activity and exercise is important in managing and preventing chronic diseases such as diabetes, hypertension and high cholesterol. Learning **proper exercise technique** and performing it at the **correct intensity** is important in ensuring the effectiveness of your workout. Join us for this **one-time**, 3-hour programme, designed and delivered by a trained physiotherapist. You will learn how to create your own exercise regime and appreciate certain key elements of a successful regime.

Open to public with or without chronic diseases, and recommended for people with diabetes. Participants must be mobile and can perform standing exercises.

Location:

Admiralty Medical Centre
676 Woodlands Drive 71 #03-01
Kampung Admiralty
Singapore 730676

Cost:

\$64.20 (after GST).

Singaporeans and PR aged 50 and above are eligible for National Silver Academy subsidy, and would pay \$16.20 (after GST).

Registration & Enquiry:

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For more information



www.ktp.com.sg/exercise