



HealthAct

Taking Charge of Your Health

Get to manage your health better through a well balanced combination of food, exercise, health screenings and preventive measures.

Dates: TBC Q2 2019

Time: -

Cost: \$300 (Full fees); \$60 (After NSA grant*)

***NSA grant - Applicable to Singaporeans & PR aged 50 years & above.**

Society for WINGS

9 Bishan Place, #05-01

Junction 8 Office Tower

Visit our website at www.wings.sg

To register or for more information, please contact May @ 6250 1012 or email may@wings.sg



Module 1: Prevention vs Intervention

Get a better understanding of your current health status. Learn how to use specific tools to measure how healthy you are and what you can do to make a positive change.

Module 2: Know What You Eat

Learn why you eat the way you do, and how you can make positive changes to your diet.

Module 3: Putting All In Action

Bust those exercise myths! Build a simple yet effective exercise routine for yourself.

Module 4: Understanding Common Chronic Diseases (Part 1)

In the first of this 2 part series, you will learn more about chronic diseases common among women and what you can do to prevent and manage them - specifically for diabetes and hypertension.

Module 5: Understanding Common Chronic Diseases (Part 2)

In the second of this 2 part series, you will learn more about the chronic diseases common among women and what you can do to prevent and manage them - specifically for stroke, high blood pressure and cancer.

Module 6: Don't Worry, Be Happy!

Heed your body and identify stress warning signals that could lead to more serious ailments, like depression and dementia, and learn how to deflect them.