



# HealthAct

## Paving Your Way to Healthy Aging

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### **Module 1: Women's Journey towards a Healthful Life**

Understanding the physiological changes that are unique to women. Learn how to interpret data that reveals your health status and take active steps in making your journey of ageing a healthier one.

### **Module 2: Making Wise Food Choices**

The choices you make about the food you eat matters. Learn from a nutritionist the nutritional value of different kind of food we eat and how to read food labels carefully. Come and learn how to eat your way to wellness.

### **Module 3: Get Active Be Healthy**

Exercise is a great way to feel good and improve our overall health. Discover your different muscle groups and learn exercises that are simple yet beneficial to older women.

### **Module 4: Empowering Women on Health Matters Part I - Cancer**

Prevention is better than cure. This module aims to heighten the awareness of women to the diseases that they are more prone to. Be proactive and learn from a doctor's perspective on the various diseases that affect women.

### **Module 5: Empowering Women on Health Matters Part II - Diabetes**

Singapore is at war with diabetes. Gain a deeper insight into the disease. Learn how to manage the conditions to prevent complications such as eye damage (retinopathy), kidney damage, limb amputation, stroke and cardiovascular diseases. Adopt a healthy lifestyle by being physically active, eating a balance diet and go for regular screening. Fight against diabetes and win the battle!

### **Module 6: Mind Matters Too**

Mental health is just as important as physical health. Mind matters too will focus on understanding what defines good mental health. Gain a better understanding into depression and dementia, the causes and treatment available for the different mental illnesses. Through gaining more knowledge on this issue, this module aims to change the participants' perspective towards people with mental illness.



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