

HEALTH AND WELLNESS MATTERS



Health Promotion Board (HPB) invites us to 'stay well, to stay strong' during this pandemic. Participate in their health and wellness programs listed in the Church website. There is:

1. **"Stay Well, To Stay Strong"** for individuals on the go. Suitable for all ages/family, it has video on exercises, cooking demo, and other health information.
2. **"Myopia Awareness Talk"** for the parents of pre-schoolers aged 4-6 years old; to educate on the importance of protecting our eyes and keeping our vision strong from a young age. For parents/children.



- 3 July (Saturday), 9.30 - 10.15am



- New** 3. **"Mental Wellbeing for Expectant Parent"** aims to equip mothers with the knowledge / skills to manage stress, and cope with challenges of having a healthy baby. For both expectant parents.

- 8 July 2021 (Thursday), 6.00 - 7.00pm



4. **"National Steps Challenge"** - Season 5: Bonus Round is back and **extended up to 29 August**.



For details, including registration, please refer to the respective links listed under Health and Wellness Matter in the church website link: <https://tinyurl.com/HPBmatters>

Stay Well to Stay Strong

Kickstart your healthy habits today with good hygiene practices, an active lifestyle, a balanced diet and sufficient sleep.

CONTRIBUTED BY



Health Promotion Board

Click [here](#) for the latest COVID-19 UPDATES



STAY WELL TO STAY STRONG



Stay Clean

Stay Nourished

Stay Active

Virtual Activities

Stay Positive

Stay Smoke-Free

Seniors Stay Healthy

Families Stay Healthy

National Steps Challenge[™] **is back with a Bonus Round!**

Feel good with every move



Join now and earn up to \$20 in eVouchers just by moving more!

All faulty HPB fitness trackers are eligible for 1-for-1 exchange. Learn more at go.gov.sg/trackerexchange.

T&Cs apply.

Sign up now



stepschallenge.sg

3 easy steps to sign up



Download the
Healthy 365 mobile app



Sign up for National Steps Challenge[™]
Season 5: Bonus Round



Move, sync,
and get rewarded