

## EXPERIENTIAL ROADSHOWS: STEP INTO A HEALTHIER YOU WITH HEALTHIER SG

17 roadshows will be organised island-wide from July to November 2023, to raise interest in Healthier SG and help residents with enrolment.

The roadshows aim to provide an immersive experience for residents to learn about Healthier SG and the various actions they can take to stay healthy. Participants can also look forward to the STEP experience at these roadshows. The STEP experience is made up of four zones, to help them **Step** into their Healthier SG journey, **Take** time to stay active, **Eat** well live well and **Participate** in community activities.

- **Step into your Healthier SG journey:** Residents will learn how they can benefit from Healthier SG, including information on the personalised health plan, free nationally recommended screenings and vaccinations, enhanced subsidies for preventive care and Healthpoints rewards.
- **Take time to stay active:** Residents can measure and assess their fitness and health status, try out the Active Health Play Mat and other healthy lifestyle activities from SportSG and HPB.
- **Eat well live well:** Residents can learn ways to balance their diet and obtain healthier recipes from the Health Promotion Board, discover healthier substitutes for salt, sugar and fats, and attend nutrition talks by dieticians.
- **Participate in community activities:** Residents can try out fun workouts, attend exciting courses and healthy lifestyle programmes organised by People's Association and Active Ageing Centres.

There will also be stage programmes including appearances by Mediacorp artistes, health talks by regional health managers and activities offered by community partners.

Residents will also receive giveaways when they participate in the roadshow activities or when eligible residents enrol in Healthier SG at these roadshows.

### List of 17 roadshows as of 28 June 2023\*

S/N	Dates	Event Timing	Venue
1.	7 to 9 July 2023	7 Jul: 1pm – 6pm 8 and 9 July: 9am – 6pm	Bishan – Ang Mo Kio Park, Ficus Green
2.	15 to 16 July 2023	10am – 6pm	Hardcourt behind Kallang Community Club
3.	29 to 30 July 2023	9am – 5pm	Yew Tee MRT Hardcourt (In front of Yew Tee Point)

S/N	Dates	Event Timing	Venue
4.	12 to 13 August 2023	10am – 6pm	Kampung Admiralty Community Plaza
5.	26 to 27 August 2023	10am – 6pm	HDB Hub (Toa Payoh) Atrium
6.	9 to 10 September 2023	10am – 6pm	Kovan Hub
7.	16 to 17 September 2023	9am – 5pm	Our Tampines Hub
8.	30 September to 1 October 2023	10am – 6pm	Pasir Ris East Community Club
9.	7 to 8 October 2023	10am – 6pm	Keat Hong Square (Hard court beside Keat Hong Community Club)
10.	7 to 8 October 2023	10am- 6pm	Block 79 Redhill Lane (Redhill Market)
11.	14 to 15 October 2023	9am – 5pm	West Coast Community Centre
12.	21 to 22 October 2023	9am – 5pm	Clementi Town Centre
13.	21 to 22 October 2023	10am – 6pm	Hard court in front of Blk 749 Yishun Street 72 (Next to Yishun MRT)
14.	28 to 29 October 2023	10am – 6pm	Heartbeat@Bedok Atrium
15.	28 to 29 October 2023	10am – 6pm	Hard court beside Sengkang Community Club
16.	4 to 5 November 2023	10am – 6pm	Open Space in front of Hillion Mall (Next to Bukit Panjang MRT Station)
17.	4 to 5 November 2023	10am – 6pm	<i>Location to be confirmed</i>

\*Please refer to [www.healthiersg.gov.sg](http://www.healthiersg.gov.sg) for the latest schedule of the roadshows