



Family life Champion Committee
Presents

“Healthy Living, Healthy Lifestyle, Happy Family”

14 Mar 2010,
Sunday

9 am - 12 noon

Telok Blangah
CC

Highlight

- How to stay Young & Healthy - Dr Victor Seah
a common denominator for family well being
- Secrets to Longevity - Mr James Ong
- Organic /health food exhibition
- Keep fit exercise demonstrations for young and old
- Valuable Goodie bag of health products for all

**Lucky
Draw
Prizes
to be
won!!**

Tickets available at yours respective CCs

\$2.00 per pax – 2 tier family & 3 tier family

\$3.00 per pax - single

*Joint Event by Telok Blangah & Ayer Rajah-West Coast
Family Life Champion Committees*

Supported by Telok Blangah Medical Centre & Pink of Health

