

ZUMBA® FITNESS

Free workout sessions

Fridays

6.30pm - 7.30pm

Winsland Plaza

(between Winsland House I and II)

Register at
www.orchardroad.org/workgreat

How to get there

By BUS - Nearest bus stop, Winsland House Station (08111)

By MRT - From Somerset MRT (NS23), exit D towards Orchard Central. Cross the road at the traffic junction of Penang Road and Killiney Road to arrive at Winsland House I. Head up the flight of stairs (behind the bus stop) to the Winsland Plaza between Winsland House I and II.



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LET'S TALK ABOUT *Health*

How sleep disorders affect your health and lifestyle

by Dr Vyas Prasad
Senior Consultant Otolaryngologist
Tues 3 Sept 2019

**Zeroing in on Sharp Vision:
How to keep an Eye on your Eye Health**

by Dr Daphne Han
Senior Consultant Ophthalmology
Thurs 5 Sept 2019

Know about children's ENT disorders

by Dr Vyas Prasad
Senior Consultant Otolaryngologist
Tues 10 Sept 2019

Foundation of Good Health

by Dr Chong Yeh Woei
Senior Physician Internal Medicine
Thurs 12 Sept 2019



TIME: 12PM-1PM

VENUE: ROSE ROOM, LEVEL 3 TAKASHIMAYA DEPARTMENT STORE
FOR MORE INFORMATION, HEAD TO WWW.ORCHARDROAD.ORG/WORKGREAT

PARTICIPANTS GET A FREE GOODIE BAG AFTER THE TALK.

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SINGAPORE MEDICAL SPECIALISTS CENTRE

Zumba & KpopX

FREE
WORKOUTS SESSIONS

6.45pm @ Far East Plaza, Level 2 Concourse

Zumba on Wednesdays	KpopX on Fridays
22nd and 29 th January	31 st January
5th, 12th, 19th and 26 th February	7th, 14th, 21st and 28 th February

Register at www.orchardroad.org/workgreat
Head over to our Work Great website to check out our exciting rewards programme!

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