THE QUEST FOR HEALTHY LIVING IS ON!

Health Promotion Board

PROGRAMME SCHEDULE

10 NOVEMBER, SATURDAY

	Stage	Cooking Demonstration	Workshop	Singapore Sports Museum/ Visitor Centre	Other Activities
11:00					
11:30	**Mama Skit** By Health Promotion Board	**Cooking Demonstration** By Philips			
12:00					**Bookmark Making Workshop** 11:00AM - 11:45AM, 12:30PM - 1:15PM, 2:45PM - 3:30PM, 5:00PM - 5:45PM, 6:30PM - 7:15PM OCBC Square by plano
12:30		**Cooking Demonstration** By Health Promotion Board	**Sculpt a Healthy Plate Workshop** By Health Promotion Board		
13:00	**Move and Groove with VITAGEN Less Sugar** By VITAGEN Less Sugar			**Active Health Pop-Up** 11:00AM - 8:00PM	**Draw with David Liew** 1:15PM - 2:00PM, 3:30PM - 4:15PM OCBC Square by plano
13:30	**T-Veg: The Story of the Carrot-crunching Dinosaur** By The National Library Board	**Cooking Demonstration** By Topseller		**Active Health "Move Better" Experience** 2:00PM - 2:45PM, 4:15PM - 5:00PM, 5:30PM - 6:15PM	
14:00	**SaberFit Workout** By The Fun Empire				**Shimano Fun Bikes Activities** 11:00AM - 7:00PM Water Sports Centre By Shimano Cycling World
14:30			**Fruity Keychains Workshop** By Health Promotion Board	**ActiveSG Athletics Club** 11:00AM - 1:00PM	
15:00	**Healthy Smiles Show** By Sunstar			**Masters Club Activities** 12:00PM - 12:45PM, 2:00PM - 2:45PM, 4:00PM - 4:45PM By SportSG	**Climbing Try-outs** 12:00PM - 1:30PM, 2:00PM - 3:30PM (Limited to 280pax per session) Kallang Wave Mall, #B1-01 By Climb Central
15:30				**Functional Screening** 11:00AM - 8:00PM By SportSG and Agency for Integrated Care	**Experience Sports ELXR® Fitness Assessment** 2:00PM - 5:00PM 100Plus Promenade Gate 2 By Singapore Sports Hub
16:00	**Keeping an Eye on Smart Devices** By plano	**Cooking Demonstration** By Philips		**Basic Bike Maintenance Workshop** 1:00PM - 2:00PM, 5:00PM - 6:00PM By Shimano Cycling World	**NParks Cycling Tour** 4:00PM - 6:00PM Stadium Riverside Walk By NParks
16:30	**POKKA Teazzle with Stitch FM, The Human Radio** By POKKA			**Keychain Making Workshop** 2:00PM - 3:00PM, 4:00PM - 5:00PM By Shimano Cycling World	**Active Family Programme: Nerf Combat** 5:00PM - 6:00PM Stadium Riverside Walk By Health Promotion Board
17:00	**Fitness Cycling** By Spin Out		**Fun Frames Workshop** By Health Promotion Board		**Movie Screening: Zootopia** 7:00PM - 9:00PM Stadium Riverside Walk By Health Promotion Board
17:30		**Cooking Demonstration** By Tiong Bahru Teochew Kueh			
18:00					
18:30	**7 Sit-Down Exercises** By Health Promotion Board				
19:00					
19:30					

11 NOVEMBER, SUNDAY

	Stage	Cooking Demonstration	Workshop	Singapore Sports Museum/ Visitor Centre	Other Activities
11:00	**Celebration of Healthy Lifestyle Festival SG 2018 Grand Finale**				
11:30		**Cooking Demonstration** By Health Promotion Board			
12:00					**Bookmark Making Workshop** 11:00AM - 11:45AM, 12:30PM - 1:15PM, 2:00PM - 2:45PM, 3:30PM - 4:15PM, 5:00PM - 5:45PM, 6:30PM - 7:15PM OCBC Square By plano
12:30					
13:00				**Active Health Pop-Up** 2:00PM - 8:00PM	**Shimano Fun Bikes Activities** 11:00AM - 7:00PM Water Sports Centre By Shimano Cycling World
13:30		**Cooking Demonstration** By Health Promotion Board		**Active Health "Move Better" Experience** 4:30PM - 5:15PM, 6:00PM - 6:45PM	
14:00	**Keeping an Eye on Smart Devices** By plano				**Climbing Try-outs** 12:00PM - 1:30PM, 2:00PM - 3:30PM (Limited to 280pax per session) Kallang Wave Mall, #B1-01 By Climb Central
14:30			**Sculpt a Healthy Plate Workshop** By Health Promotion Board	**ActiveSG Athletics Club** 2:00PM - 4:00PM	
15:00	**Healthy Smiles Show** By Sunstar	**Cooking Demonstration** By Prata Wala		**Masters Club Activities** 2:00PM - 2:45PM, 4:00PM - 4:45PM By SportSG	**Experience Sports ELXR® Fitness Assessment** 2:00PM - 5:00PM 100Plus Promenade Gate 2 By Singapore Sports Hub
15:30				**Functional Screening** 2:00PM - 8:00PM By SportSG and Agency for Integrated Care	
16:00	**我的妈呀! Skit** By Health Promotion Board			**Keychain Making Workshop** 2:00PM - 3:00PM, 4:00PM - 5:00PM By Shimano Cycling World	**Active Family Programme: Nerf Combat** 3:30PM - 4:30PM 100Plus Promenade Gate 2 By Health Promotion Board
16:30		**Cooking Demonstration** By Philips			**NParks Cycling Tour** 4:00PM - 6:00PM Stadium Riverside Walk By NParks
17:00			**Home Terrarium Workshop** By Health Promotion Board		**Movie Screening: Coco** 7:00PM - 9:00PM Stadium Riverside Walk By Health Promotion Board
17:30	**Rummy-O Competition Award Ceremony** By Health Promotion Board				
18:00	**Fitness Cycling** By Spin Out	**Cooking Demonstration** By Tiong Bahru Teochew Kueh			
18:30					
19:00					
19:30					

Healthy Lifestyle Festival SG