

Get Fit, Feel Good!

@ One Raffles Place



Free Workouts on Mondays

Chase your Monday Blues away with a healthy dose of physical activity!



Trampoline Fitness

8 & 22 April
6.30pm - 7.30pm
@ L1, Entrance to
1-Altitude



Fitness Bootcamp

15 & 29 April
6.30pm - 7.30pm
@ L1, Entrance to
1-Altitude

Free Workshops

Unwind and learn how to live well with free talks and relaxing activities!



Eat, Enjoy & Stay Healthy Talk

Tuesday, 9 April
12.30pm - 1.30pm
@ Level 5 Open Space



Zentangle Drawing

Thursday, 25 April
6.30pm - 7.30pm
@ Healthy Soba IKI
#04-47



The Road to Resilience Talk

Wednesday, 17 April
6.30pm - 7.30pm
@ Green Dot #03-23/24



Paper Quilling

Tuesday, 30 April
6.30pm - 7.30pm
@ Kraftwich by
Swissbake #B1-04/05

To register, use the HPB Healthy365 app or scan the QR code.
For registration enquiries, please contact hde@snef.com.sg or 6290 7697.



Healthy Rewards

2 - 30 April

Spend \$100
and receive \$5
Gift Voucher.



Eat, Drink, Shop Healthy Challenge

11, 12 & 25, 26 April
11am - 3pm
@ L5 Open Space

Bring your QR
Tickets from
participating
F&B outlets at
ORP and stand
a chance to win
instant prizes!

Brought to you by:



SNEF

Venue Partner:

oneRafflesPlace

Enjoy A Little Something Every Day

Shopping And Dining Just Above Raffles Place MRT