

Springleaf NC Wellness for Family on 11 Nov 2017

Nee Soon South Springleaf NC organised its inaugural “Wellness for Family” event on Saturday, 11 November 2017. The event was graced by Er. Dr. Lee Bee Wah and attended by about 100 residents from the neighbourhood committee. The event kicked off with a healthy yet delicious breakfast for residents and moved on to wellness related talks such as Dementia and Holistic Health talk. There were also fringe activities for families, such as a games booth by Khoo Teck Puat Hospital and Adult and Childrens’ Chair Yoga. The residents were pleased with the programmes lined up by the organising committee, and had a wonderful time learning about the various health related topics.



