

Mental Wellness & Exercise

ZOOM WEBINAR ON
SATURDAY, 28 OCTOBER 2023
11 AM - 12:30PM

**EMPOWERING WOMEN
TO MEET CHALLENGES THROUGH LIFE**



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HOW EXERCISE BOOSTS MENTAL WELL-BEING



MS JESSIE KHO

Physiotherapist
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To register scan the QR CODE
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Pre-registration is required.
Registration closes on
Tuesday, 24 October 2023



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