



INVITATION

Free PUBLIC FORUM on Healthy Ageing

Organised by :



22 MARCH 2025 | 1 PM – 4 PM | TOA PAYOH WEST COMMUNITY CENTRE,
MULTI-PURPOSE HALL

Join us for an insightful series of talks on "Healthy Ageing" focused on preventing and managing health issues common in later years.

This session will cover:

Diabetes



Known as the "silent killer", diabetes can increase the risk of multiple health-related complications in old age including heart disease, kidney failure and limb amputations. Find out how you can take control of your health and reduce the impact of diabetes on end-organ disease.

Hypertension & hyperlipidaemia



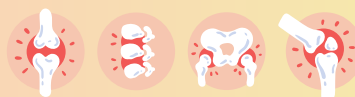
Learn about managing and preventing chronic conditions such as hypertension and hyperlipidaemia. This talk will highlight the importance of a balanced lifestyle and regular screenings to help maintain optimal metabolic health.

Obesity



Discover the impact of obesity on ageing and tips for weight management. This session will address how maintaining a healthy weight can reduce health risks and improve quality of life as we age.

Bone Health



Understand how to keep bones strong and reduce the risk of fractures with age. Topics will include the role of diet, exercise, and lifestyle adjustments for maintaining bone density and preventing osteoporosis.

This educational event aims to empower attendees with practical advice for achieving a healthier, more active life as they age.

[Click here to register now](#)

Registration is **free**, but as there limited seats, do register early to avoid disappointment.