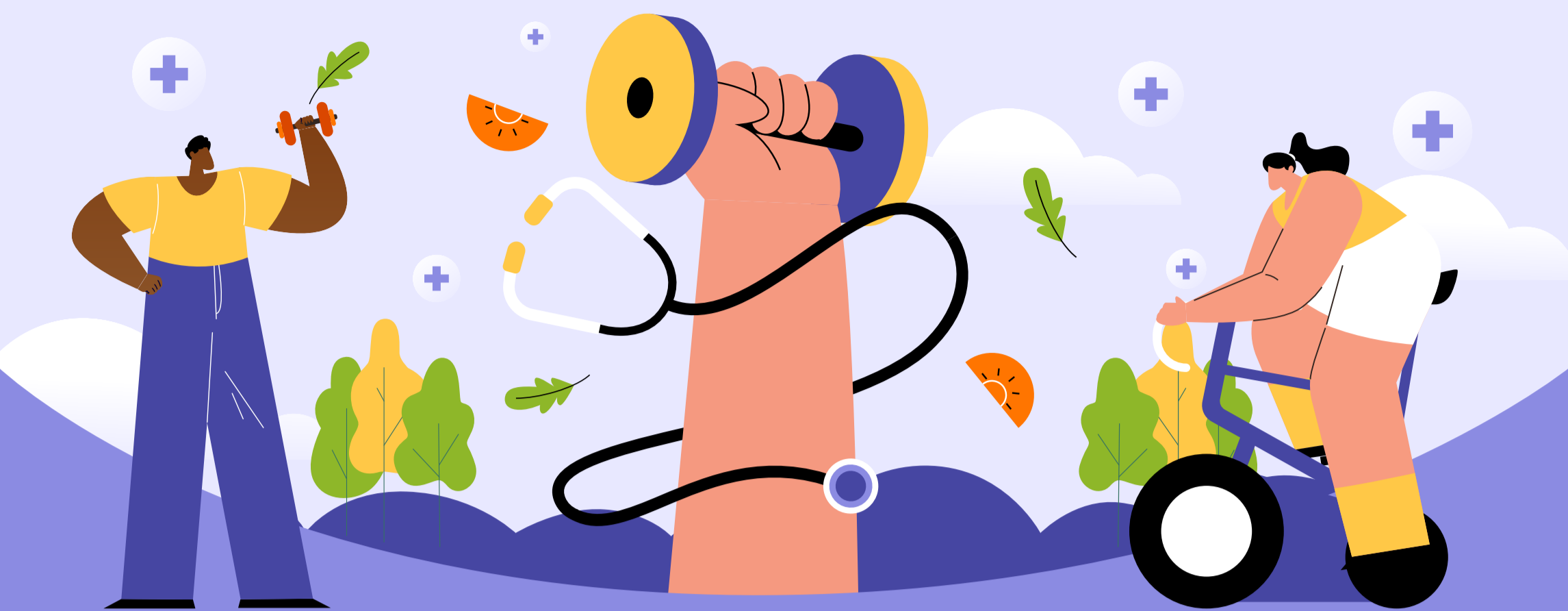


Exclusive Dairy Sponsor:



Health & Wellness Festival 2026

16 May 2026, Saturday, 9am to 2pm
Kent Ridge Guild House, Della & Seng Gee Guild Hall



EVENT ACTIVITY

9am to 11am	Health Screening	Cluny, Dalvey & Evans Rooms
9.30am to 10am	Mass Workout – Dance4Fitness	
10am to 10.30am	Talk: Cholesterol Unlocked – What Really Matters For Your Heart	
10.30am to 10.45am	Health Trivia Session	
10.45am to 11.30am	Panel Discussion: Celebrating Longevity – The Real Talk About Age	
11.30am to 11.45am	Lucky Draw (Part 1)	Della & Seng Gee Guild Hall
11.45am to 12.15pm	Talk: Stronger From Within – The Science Behind Collagen, Protein, and Pain-free Joints	
12.30pm	Lucky Draw (Part 2)	
	Free & Easy	
2pm	End of Event	

BOOTHS

COMPLIMENTARY*

HEALTH

WELLNESS

FUNCTION ROOMS, LEVEL 2

MAIN LOBBY

Health Screening
(Includes a 15-minute Back, Shoulder & Neck Massage)

Educational on Ageing and Collagen

Spinal Check
(Chiropractor Services)

Healthy Snacks, Health Supplements & Aromatherapy

Eye Health Screening
(Cataract & Glaucoma Detection)

Sports Eyewear

General Health & Lifestyle Products

* Kindly note that only basic screenings are complimentary. Fees apply for more comprehensive assessments.

PANEL DISCUSSION

TOPIC: CELEBRATING LONGEVITY – THE REAL TALK ABOUT AGE



Dr Cheryl Kam
Vibrancy Coach



Vin Lam
Fitness, Lifestyle & Mindfulness Coach



Dr Charlotte Lim
Former Lecturer at NUS, Sociology & Anthropology



Benedict Lim
Chief Psychologist



Malcolm Chen
Moderator

TALKS



Tan Kay Boon
Head of Customer Management
Asia Pacific Gelita Singapore

TOPIC

Stronger From Within – The Science Behind Collagen, Protein, and Pain-free Joints



Fiona Chia
Founder & Principal Nutritionist,
Health Can Be Fun

TOPIC

Cholesterol Unlocked – What Really Matters For Your Heart

[CLICK HERE TO REGISTER](#)

- Registration closes on 6 May 2026.
- ^No-show fee of \$10 (subject to prevailing GST) applies.
- **Only registered members and guests will receive a goodie bag.**

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Participating Vendors



Programme and timings are subject to change.

For enquiries, please contact events@nuss.org.sg.

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