



**OSTEOPOROSIS SOCIETY
(SINGAPORE)**



MORNING EXERCISE

@ BISHAN - ANG MO KIO PARK

Boost your energy & find your balance

Date:

Sat, 2 December 2023

Time:

9am – 11am



Tai Chi Master

Prof Lau Tang Ching

Senior Consultant

Division of Rheumatology

National University Hospital



Elizabeth Chan

Physiotherapist

KK Women's & Children's Hospital

GETTING THERE

BY MRT

Bishan Station:

- Take Bus 52/54/410/410W from Bishan Bus Interchange - 4 stops to "Block 257"
- Walk 5-minutes to meeting point

BY TAXI

Alight @ Blk 241 Bishan Street 22 & meeting point is a 5-minute walk away



Meeting Point

Bridge near MacDonalDs

@ Bishan - Ang Mo Kio Park



REGISTER NOW >

