



**OSTEOPOROSIS SOCIETY
(SINGAPORE)**



MORNING EXERCISE AND TAI CHI @ GARDENS-BY-THE-BAY

Join us for light morning exercise and tai chi

Date: Saturday, 12 August 2023

Time: 9am – 11am

Meet at: Jurassic Nest Café @ Gardens-by-the-Bay

**REGISTER
NOW!**



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
Bayfront Station



By Taxi
Take Lift lobby B to Super
Tree Observatory



Meet here
Jurassic
Nest Cafe



EXERCISE AREA

