

Wellness Challenges in September 2025

Region/ Virtual	Venue	(Sep)	Time	Activity
West	40 Penjuru Lane – Block 2 Lift Lobby, Level 1	10 Sep (Wed)	1100-1500	Beyond The Scales
West	ICON@IBP – Lobby Area, Level 1	12 Sep (Fri)	1100-1500	Beyond The Scales
East	Tampines Biz-Hub – Lobby Area, Level 1	16 Sep (Tues)	1100-1500	Beyond The Scales

Wellness Challenge	Description
Beyond The Scales	<p>Participants complete the following 4 stations, with an individual health facilitation session at the end.</p> <ul style="list-style-type: none"> • Height Station • Weight/In-body Station • Blood Pressure Station • Health Facilitator Station – based on results from their previous stations.