

Wellness Challenges in October 2024

Region/ Virtual	Venue	Date (Mar)	Time	Activity
Central	Toa Payoh Industrial Park - Eating House	24 (Thurs)	1000-1400	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.