

Must-See Events!

AED Registry Launch



SHF hopes to increase the survival rate in out-of-hospital sudden cardiac arrests in Singapore that currently stands at a dismal rate of 2.7%. Towards this cause, we are creating an Automated External Defibrillator (AED) Registry - the first in Singapore.

The AED Registry contains the following vital information:

- Identification of hotels, shopping malls, schools and public buildings with AEDs
- Number of AEDs in these facilities and their whereabouts (if available)
- Contact details for more information

Chair Yoga

Professional Yoga instructors will be giving a FREE YogaOnTheChair session to the first 100 people who register by 11 September.

Sign up today at www.myheart.org.sg or call 6354 9364 / 9349.



Comics LIVE! Demo and Contest



Express your creativity and stand to win attractive prizes! Comic enthusiasts and kids can join the Comics LIVE! contest at the Heart Fair and stand to win exclusive pen tablets from Wacom. There will also be a Comics LIVE! demo.

Announcement!

NATIONAL HEART WEEK / WORLD HEART DAY 2009

Join us as we celebrate this year's National Heart Week / World Heart Day with various activities to help you "Work with Heart"!

Heart Fair 2009

Dates: 24 & 25 October 2009
(Sat & Sun)

Time: 10am - 8pm

Venue: Woodlands
(open field beside Causeway Point)

Official Launch

Date: 25 October 2009 (Sun)

Time: 8am - 11am

Venue: Woodlands (open field beside Causeway Point)

Guest of Honour: Ms Ellen Lee Geck Hoon, MP for Sembawang GRC and Adviser to Woodlands GROs



For more information, visit:

www.myheart.org.sg

Don't Miss This!

- Official Launch Ceremony
- AED Registry Launch
- Heart Age Calculator
- Heart Diary with Vouchers
- Chair Yoga Session
- Comics LIVE! Demo and Competition
- Art @ Work Comics Competition
- Play @ Work Photography Competition
- Health Screening
- Supermarket Tour

JOIN US!!

Art @ Work Comics Competition



Draw for a cause! This competition aims to promote healthy living in the workplace as a means of preventing cardiovascular disease (heart disease and stroke). Submit your entries until 25 September 2009. Visit www.myheart.org.sg for more details.

Play @ Work Photography Competition

Take a photo of people exercising or engaging in healthy practices at the workplace to show your support for World Heart Day. Be creative when interpreting the theme! Submit your entries by 28 September 2009. Visit www.myheart.org.sg for more details.

