



ACTIVE AGEING

15th January 2022, Saturday

2.00pm – 2.45pm via Zoom

(Closing date for registration: 11th January 2022)

Registration & Admin Fee

SAAP Member: \$5.00 | Non-Member: \$8.00

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What does it mean to age well and how to age well?

SAAP has come together with NTUC Health's experts from the Active Ageing industry for an informative sharing as what it means to age well, shed light on the importance of keeping active to lead a healthier and better quality of life. There is no age limit !!!

Presenters:



With 15 years of experience, Senior Exercise Trainer Alfred Yaap is passionate about working with individuals with chronic health concerns and committed to promoting healthier living for all. He volunteers with various organisations, sharing his expertise to help the community lead fulfilling and meaningful lifestyles.



Ms Anita Ho has over 20 years of experience in Social Service & Eldercare. Currently Senior Manager of Active Ageing Services, she graduated with a BA (Hons) Social Work and a Master of Gerontology. Prior to NTUC Health, she co-founded and directed a caregiver service, as well as managed home care services.

Be in comfortable attire as there will be some simple stretches demonstration on the spot to better manage aches and pains arising from long hours of caregiving or being desk-bound!



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