



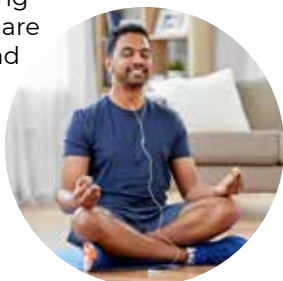
# FREE ONLINE SOCIAL ACTIVITIES

## GET ACTIVE

### Yoga for Runners

**Sat, 17 Jul '21, 5pm – 6pm**  
**Fees: FREE for Members & Public Service Officers, Guests \$8**  
**Contact: Constance at 6391 5607 or constancelow@csc.sg**  
**Register by: 12 Jul '21**

Yoga that is designed for the runner's body offers both strength-building and muscle sculpting benefits to enhance one's running performance. Stretch areas that are tight, such as hamstrings, IT band and hips; while strengthen the weak areas, like the core and upper body. Minimise physical and mental stress, ease aches, reduce risks of injury and empower body to rejuvenate faster after each run.



### FAB Hiit by Annie Wong

**Fri, 23 Jul '21, 7.30pm – 8.30pm**  
**Fees: FREE for Members & Public Service Officers, Guests \$8**  
**Contact: Constance at 6391 5607 or constancelow@csc.sg**  
**Register by: 21 July '21**

HIIT workout routine combines short bursts of intense exercise with periods of rest or high and low intensity exercise.



## GET CREATIVE

### Pastel Nagomi Art Demo Workshops

**Dreamy Garden**  
**Sat, 3 Jul '21, 11am – 12pm**  
**Register by: 30 Jun '21**

**Hari Raya Haji**  
**Sat, 17 Jul '21, 11am – 12pm**  
**Register by: 14 Jul '21**

Learn the joy of creating gentle, soft and beautiful art form through simple finger techniques using soft pastels.

**For all above courses**  
**Fees (per workshop): FREE for Members & Public Service Officers, Guests \$8**  
**Contact: Serene Cho at 6391 5620 or serenecho@csc.sg**



### Baking by Chef Michele

**Sat, 10 Jul '21, 10am – 11am**  
**Fees: FREE for Members & Public Service Officers, Guests \$12**  
**Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg**  
**Register by: 1 Jul '21**

The creamy flavour and moist cotton-soft texture of the Japanese Styled Cotton Cheesecake is irresistible whether you are a big cheesecake fan or not. Come and learn how to make this dreamy dessert that you can be proud of.





## GET HEALTHY ▶

### Good Food! Good Mood!

Thu, 1 Jul '21, 3pm – 4pm

Fees: **FREE** for Members & Public Service Officers, Guests \$5

Contact: Jerren at 6391 5641 or [jerrentan@csc.sg](mailto:jerrentan@csc.sg)

Register by: 1 week before session



When facing a challenging day, we sometimes compensate for it by pampering ourselves with “comfort” foods – which are usually energy-dense items – or by adopting poor eating habits. But do you know that food choices affect your moods?

At this workshop, let our Nutrition Educator help you uncover informed food choices to improve your mood and develop strategies to manage your stress and sleep better. Also learn about Mood Regulating Neurotransmitters, Mood Related Health Complications, and Mood Boosters and Mood Doomers.

### Healthy Eating for A Busy Lifestyle

Wed, 7 Jul '21, 3pm – 4pm

Fees: **FREE** for Members & Public Service Officers, Guests \$5

Contact: Jerren at 6391 5641 or [jerrentan@csc.sg](mailto:jerrentan@csc.sg)  
Register by: 1 week before session



A talk that addresses the challenges of sticking to a healthy yet yummy diet for the busy individual. Our Nutrition Educator will incorporate a fun mini activity on “the how to” of choosing nutrient dense vs calorie dense Singaporean food and hawker dishes. Practical eating tips to prevent chronic lifestyle diseases for busy office folks, frequent travellers and road warriors, and those who dine out often are also emphasised. We will also cover the time and speed of eating and how it affects our food intake. Eat Well! Live Well!

### Understanding and Managing Gout

Sat, 10 Jul '21, 11am – 12:30pm

Register by: 7 Jul '21



Gout is a common and complex form of arthritis that can affect anyone. It is characterised by sudden intense pain, swelling and tenderness in joints. Through this workshop, learn to identify Gout symptoms and ways to prevent an attack.

For all above courses

Fees (per workshop): **FREE** for Members & Public Service Officers, Guests \$8

Contact: Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

### Managing Pain and Inflammation

Sat, 24 Jul '21, 11am – 12:30pm

Register by 21 Jul '21

Pain and inflammation are usually inter-related. Understand the symptoms and ways to reduce inflammation and pain.



### Relax and Release with Meridian Self-Therapy

Sat, 17 Jul '21, 2.30pm – 4pm

Fees: **FREE** for Members & Public Service Officers, Guests \$8

Contact: Gek Cheng at 6391 5624 or [kuagekcheng@csc.sg](mailto:kuagekcheng@csc.sg)

Register by: 9 Jul '21

Stress and anxiety is common in our modern living. Tips on how to relax and release tension will always come in handy especially during current uncertain times.

Participants will be guided through practical techniques to relax and refresh their mind and emotions, while relieving them of body tension to result in better sleep.



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\* Pre-registration required. Zoom link will be sent to participants upon class confirmation.