

What's up >>

Get to know your Digestive System Health Talk & Live Blood Condition Analysis

“You are what you eat”.

It's a phrase we often hear. But it would be more accurate to say, “You are what you Can and Cannot Digest”. Since our bodies handle digestion automatically, we sometimes forget how important it is. This educational talk goes into detail about the Digestive process, its importance and the role of enzymes in digestion. You will get an insight into why and how optimal digestion makes a difference to your health and well-being.

You will also have the opportunity to check your digestive health with a Live Blood Condition Analysis at a special price of \$15. This analysis will show you:

- How well you are ACTUALLY digesting
- Which category of your digestive enzymes are low
- Foods you should be eating and avoiding
- How to REMEDY your health issues by understanding your digestion

**Get the answers you need to stay healthy
— don't miss it!**

Health Talk & Live Blood Condition Analysis Enzymes & Digestion

Date: Saturday, 20 March 2010

Time: 2.30pm to 3.15pm (Health Talk);
3.15 to 5.30pm (Blood Analysis)

Fee: \$3.00 (m); \$4.00 (GRL);
\$5.00 (Guest)

**Blood - \$15.00 (Usual \$35.00)
Analysis**



Talk conducted by WHB (Where Health Begins - a subsidiary of Neucor Holdings)



“I Will” Online Contest puts Total Defence to Action



Every year on 15 February, Singapore commemorates Total Defence Day to emphasise the important role that Singaporeans play in ensuring our security and success. The theme of the Total Defence 2010 campaign is “I Will” – a pledge to do something to defend what we hold dear. It is putting into action what Singaporeans were asked to reflect on in the 2009 Total Defence campaign, which revolved around the question “What Will You Defend?”. Singaporeans

are now being encouraged to think about what they will do and make a pledge to do it and, better still, to get other people involved in the effort.

To encourage and generate action, Nexus has launched an online contest on www.iwill.sg in which Singaporeans will submit their personal pledges on what they will do to protect the Singaporean way of life.

The contest provides a platform for participants to involve their family and/or friends in taking action to fulfil their individual or group “I Will” pledges. These pledges can be composed with text, images or videos. Supporters can leave encouraging comments or sign up to join in the effort to fulfil the pledges. The website also allows pledge creators to communicate with their supporters to organise offline meetings and activities.

Pledge creators stand a chance to win prizes in several categories, including the best video submission, the pledge with the most number of supporters, and the pledge that is judged to have the most impact and success. There will also be weekly lucky draws during the entire contest duration (15 December 2009 to 15 March 2010).

The website features personal videos submitted by five groups of People for TD, including the NATAS Singapore Women's Everest Team, who will share their pledges and inspire fellow Singaporeans to make their “I Will” pledges.

In addition to taking part in the online contest, Singaporeans will be invited to pen their personal commitments on ZoCards that will be made available island-wide from January 2010. These cards will be collected and showcased during the commemoration event for Total Defence.



We are located @ Level 4
The Grassroots' Club

 **6454 0506**