

# **Organising AWE program at Queenstown CC in collaboration with ...**



People's Association

**NUS Mind-Science Centre**



**QUEENSTOWN  
ACTIVE AGEING**

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**Gopal Kanapathy, PBM,  
Chairman, Queenstown Ageing Committee**

# Getting Started

- AWE program
  - Health education, Mindfulness and Exercise
- Mobilising the ground
- Training of Instructors @ NUHS
- Sustaining the group



# AWE at Queenstown Community Centre



# Components of Health Education Program


NUS Age Well Everyday Programme 2018



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Lesson 01  
第01课  
AWE & Prevention of Disability  
天天康龄与预防残疾

NUS Age Well Everyday Programme 2018



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Lesson 02  
第02课  
Healthy Eating for High Cholesterol  
适合高胆固醇的健康饮食

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Lesson 03  
第03课  
Healthy Eating for High Blood Pressure  
适合高血压的健康饮食


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Lesson 04  
第04课  
BEAT Diabetes  
抗击糖尿病

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Lesson 05  
第05课  
Healthy Eating for Diabetes  
适合糖尿病的健康饮食

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Lesson 06  
第06课  
Questions & Answers  
问答

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Lesson 07  
第07课  
Prevent Frailty and Falls  
预防衰弱及跌倒


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Lesson 08  
第08课  
Healthy Eating for Older Adults  
适合年长者的健康饮食

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Lesson 09  
第09课  
More on Preventing Anxiety  
预防焦虑


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Lesson 10  
第10课  
More on Preventing Depression  
预防抑郁症

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Lesson 11  
第11课  
More on Preventing Dementia  
预防失智症

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Lesson 12  
第12课  
Questions & Answers  
问答

# How AWE benefits you

- Keep Fit and Healthy
- Being Happy
- Gain Knowledge
- Positive Energy
- Meet New Friends
- Staying Relevant in the Community



# Thank you



JOHNNIE WALKER  
*Keep Walking*

Born in 2015 \_\_\_\_\_ still walking Tall \_\_\_\_\_