



Wellness Week

BY CAPITALAND COMMERCIAL TRUST

Eating on the Move



Do you find it a challenge to eat healthy amidst the busy schedules? Equip yourself with the right knowledge and skills on how to choose the correct food and limit those hidden calories!

Topics to be covered include:

- How to eat well within a busy schedule?
- The recommended portion of fruits and vegetables to stay healthy
- How to read between the lines in Menus/Takeaways
- Are supplements really needed?

MONDAY, 30 JULY 2018, 12.30PM - 1.30PM
SIX BATTERY ROAD
THE EXECUTIVE CENTRE (L42)

[Click here to register](#)

Participate and receive 10,000 STAR\$®, a 1-week Fitness First trial pass and stand a chance to win lucky draw prizes!



THE EXECUTIVE CENTRE