

NKF OPEN DAY 2022

in conjunction with

National Health Screening Month

"Be Health Alert"

14 July 2022 | 09:00am - 3:00pm | NKF DIALYSIS CENTRE - CHE LUAN KHOR



FREE

- HEALTH SCREENING



EDU BOOTH

- KIDNEY AWARENESS
- ORGAN DONATION
- EYE SCREENING

**EVENT
SCHEDULE**

9:00am - 10:00am

ZUMBA session

(Refreshment will be provided for ZUMBA participants only)

10:00am - 11:00am

Cooking Demo (Simple snack)

10:00am - 2:30pm

- Health Screening
- Health Exhibition
- Physical Challenge

04:00pm

Adjourn

**Lucky
Draw &
Free
Goodies**



T&C Apply

**ZUMBA
BY AEROBELL
STUDIO**



**COOKING
DEMO**

- 'PITA AYAM'
- 'KERABU SENGKUANG'



**PHYSICAL
CHALLENGE**

- JUMP ROPE

