

# NKF OPEN DAY 2022

*in conjunction with*

## National Health Screening Month "Be Health Alert"

21 July 2022 | 09:00am - 4:00pm | NKF BERJAYA RESOURCE CENTRE

### FREE

- HEALTH SCREENING



### EDU BOOTH

- KIDNEY AWARENESS
- ORGAN DONATION
- BREAST CANCER
- FREE HPV - CERVICAL SCREENING TEST



### HEALTH TALK

- HEALTHY EATING, HEALTHY KIDNEY  
by Lau Wai Pooi  
Clinical Dietitian  
University Malaya  
Medical Centre



## EVENT SCHEDULE

9:00am - 10:00am

### ZUMBA session

(Refreshment will be provided for ZUMBA participants only)

10:00am - 03:30pm

- Health Screening
- Health Exhibition
- Physical Challenge
- Games

11:00am - 12:00pm

### Health Talk

04:00pm

### Adjourn

**Lucky Draw & Free Goodies**  
T&C Apply



- FREE**
- SHUTTLE VAN SERVICES
  - AVAILABLE ON EVENT DAY from 9.00am to 4.00pm



**ZUMBA BY ZARA FITNESS CENTRE**



**PHYSIOTHERAPY**



**PHYSICAL CHALLENGE**

- JUMP ROPE
- HULA HOOP

