



Time: Wednesday 8.30am to 9.15am

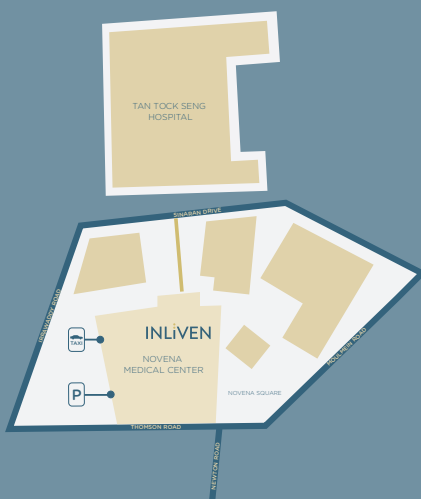
Venue: Inliven Center for Osteoarthritis Solutions

To Register: 6397 7190 or enquiry@inliven.sg

Morning Exercise for Active Agers

Come join us every Wednesday morning as our physiotherapist guides you on warm-up routines and exercises you can do to stretch and strengthen muscles for better knee function.

MAP



Venue: Inliven Center for Osteoarthritis Solutions,
10 Sinaran Drive, Novena Medical Center, #08-14, 307506

