

FREE HEALTH PROMOTION PROMOSI KESIHATAN PERCUMA

Activities/Aktiviti (February)	Venue/Tempat	Date/Tarikh	Time/Masa
Pre- Health Screening (Limited to 100 pax only) BP,Blood test,Body Fat,BMI, Counseling <i>Tekanan Darah,Ujian darah, Lemak Badan,Jisim Badan & Kaunseling</i>	PAH Lobby <i>Lobi PAH</i>	15/2/2009	9am-12noon
Health Talk <i>Seminar Kesihatan</i>	PAH Auditorium <i>Dewan PAH</i>	22/2/2009	7.30pm - 8.30pm
Aerobic Exercise <i>Senamrobik</i> * Registration required	PAH Auditorium <i>Dewan PAH</i>	16,17,20 & 23,24,27	5pm-6pm
Healthy Lifestyle class <i>Kelas bimbingan cara hidup sihat</i> * Registration required	Mended Hearts	19/2/2009	3pm-4pm
Poster Exhibition <i>Pameran Poster</i>	PAH Lobby	22/2/2009	8am-5pm

Activities/Aktiviti (March)	Venue/Tempat	Date/Tarikh	Time/Masa
Aerobic Exercise <i>Senamrobik</i> * Registration required	PAH Auditorium <i>Dewan PAH</i>	2,3,6,10,13,16,17, 20,23,24,27,30 & 31	5pm-6pm
BP & Blood Test (Limited to 30pax only) <i>Pemeriksaan tekanan darah & pemeriksaan darah (Terhad kepada 30 orang sahaja)</i>	PAH Front Foyer	4/3/2009	8.30am-12noon
Healthy Lifestyle class <i>Kelas Bimbingan cara hidup sihat</i> * Registration required	Mended Hearts	12/3/2009	3pm-4pm
Poster Exhibition/ <i>Pameran Poster</i>	PAH Lobby	15/3/2009 & 29.3.09	8am-5pm
BP & Blood Test (Limited to 30pax only) <i>Pemeriksaan tekanan darah & Pemeriksaan darah (Terhad kepada 30 orang sahaja)</i>	PAH Front Foyer	25/3/2009	8.30am-12noon

Terms & conditions apply
16.2.09

Dates subject to change, for confirmation please
contact 04-2227388/Jadual ini mungkin mempunyai
perubahan, untuk keterangan lanjut sila hubungi 04-2227388

FREE HEALTH PROMOTION PROMOSI KESIHATAN PERCUMA

Activities/Aktiviti (April)	Venue/Tempat	Date/Tarikh	Time/Masa
Aerobic Exercise <i>Senamrobik</i> * Registration Required	PAH Auditorium <i>Dewan PAH</i>	3,6,7,10,13,14, 17,20,21,27 & 28	5pm-6pm
Healthy Lifestyle class <i>Kelas Bimbingan Cara Hidup Sihat</i> * Registration required	Mended Hearts	9/4/2009 & 30/4/2009	3pm-4pm
Poster Exhibition <i>Pameran Poster</i>	PAH Lobby <i>Lobi PAH</i>	12/4/2009	8am-5pm
BP & Blood test (Limited to 30pax only) <i>Pemeriksaan tekanan darah & Pemeriksaan Darah (Terhad kepada 30 orang sahaja)</i>	PAH Lobby	15/4/2009	8.30am-12noon

Activities/Aktiviti (May)	Venue/Tempat	Date/Tarikh	Time/Masa
Health Talk <i>Seminar Kesihatan</i>	PAH Auditorium <i>Dewan PAH</i>	3/5/2009	3pm-4pm
BP & Blood Test (Limited to 30pax only) <i>Pemeriksaan tekanan darah & Pemeriksaan Darah (Terhad kepada 30 orang sahaja)</i>	PAH Lobby	6/5/2009	8.30am-12noon
Aerobic Exercise <i>Senamrobik</i> * Registration required	PAH Auditorium <i>Dewan PAH</i>	5,8,11,12,15	5pm-6pm
Poster Exhibition/ <i>Pameran Poster</i>	PAH Lobby <i>Lobi PAH</i>	10/5/2009	8am-5pm
Post- Health Screening (Limited to 100 pax only) BP,Blood test,Body Fat,BMI, Counseling <i>Tekanan Darah,Ujian darah, Lemak Badan,Jisim Badan & Kaunseling</i>	PAH Lobby <i>Lobi PAH</i>	17/5/2009	9am-12noon

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