

Club of Bangsar

SURIA BANGSAR SOUTH REPORT – JOM SIHAT

Date: 23 August 2015

SICB members present - President Indira, Sally, Lee Hoon, Inthirani, Doris, Vivien, Shamla and Pheng

Kempen Jom Sihat is UOA Group Community Programme conducted in cooperation with Suria Bangsar South, SICB, Lifecare Tags, Serene and Connexion. It was held on 23 August 2015 at Dewan Taman Bukit Angkasa, Kampung Kerinchi at 9 am – 1.30 am.

The adults were given health checks and consultations on body composition analysis test, high blood pressure dan heart beat test, blood test, basic mental health test, spine and posture test, and health counselling by nutritionists. A health talk on high blood pressure was delivered by Dr Chan Ann Chyi from Life Care.

SICB contributed to the campaign by conducting children's activities. A variety of colouring sheets on food pyramid, healthy and nutritional food were given for the children to colour or draw. SICB members explained the importance of healthy and nutritional food whilst the children were colouring the worksheets. In addition, an interactive talk on correct steps in washing hands before handling food, and coughing to avoid spreading infectious diseases was delivered by Dr Inthirani. Pop quiz was given during the talk. Pamphlets on the topic from the Ministry of Health were distributed to the audience.

About 100 adults and 28 children attended the campaign. The participants were mainly women. There were few men and young adults who came for the health checks.

As a follow-up to this campaign, we plan to organize a talk on women's health to the ladies by Dr Inthirani, and conduct more children's activities on health awareness at Suria Bangsar South.

Due to the positive response from the community, we hope this Jom Sihat campaign will be carried out on yearly basis.

Children's Activities conducted by SICB at Jom Sihat Campaign 2015



