

# MONTHLY ACTIVITY SCHEDULE

SEPTEMBER 2024

## THE SILENT KILLERS: OBESITY, DIABETES, HYPERTENSION, STROKE

13 SEP, FRI

1pm - 2pm

Virtual webinar

[REGISTER NOW](#)



The rise of lifestyle diseases has become a silent epidemic, with severe consequences that include the risk of sudden death. This talk aims to raise your awareness of the risk factors that can lead to these deadly conditions. We will expose the hidden dangers behind common lifestyle habits and provide key nutritional tips to help you make healthier choices. Learn how to guard yourself against the silent killers lurking in your everyday life and discover ways to manage and prevent lifestyle diseases.

## HEALTHY SNACKING 101

25 SEP, WED

1pm - 2pm

Virtual webinar

[REGISTER NOW](#)



This session will focus on practical strategies for incorporating healthy snacking into daily routines. We will provide tips and delicious options that can help manage weight and prevent the onset of chronic illnesses. We'll unveil the real impact of snacking on your health. Dive into the latest scientific insights to understand the pros and cons of snacking, debunk common myths, and learn how to differentiate between healthy and harmful snacking habits.

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