







LIVE. BETTER FESTIVAL

23 - 29 NOV 2020

Festival Overview

23 NOV MON	24 NOV TUE	25 NOV WED	26 NOV THUR	27 NOV FRI	28 NOV SAT	29 NOV SUN
JustCo Charity Run All Day						
Win an Executive Health Check Worth AU\$500! All Day						
Virtual Bazaar by KIM All Day					9am-11am Tamsui River e-Biking	
Free Health Screening with Allianz 8.30am-12pm						
	<p>11.15am-12.15pm Easy Breezy Lunch Break Yoga</p> <p>4pm-5pm Understand & Combat Office Syndrome</p>	<p>8.30am-9.30am Workplace Wellbeing: How to Make a Healthy Lunch</p> <p>10am-12pm Health Benefits of Doing What You Love</p> <p>4pm-6pm Introduction to Bullet Journaling</p> <p>4.30pm-6pm Network & Spark Joy with Board Games</p> <p>6pm-7.30pm Find Your Voice – Singing Workshop</p>	<p>8am-9am Boost Your Immunity with Pilates</p> <p>2pm-3pm A Nutritious Life Workshop by Nutrifood</p> <p>4.30pm-6pm Individual Differences: Understand & Cope</p> <p>5pm-6pm Freestyle Group Training by Celebrity Fitness</p> <p>5pm-6pm Improve Your Flexibility with Vinyasa Yoga</p> <p>5.30pm-6.30pm BOOM: Feel the Beat and Beat the Calories!</p> <p>7pm-8pm Feng Shui & Wellness: What You Need to Know</p>			
						

All timings stated are in GMT+7 (Indonesia).
All information correct at time of publishing.