



# LIVE. BETTER FESTIVAL

23 - 29 NOV 2020

## 페스티벌 개요

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

Free Health Screening with Allianz | 10.30am-2pm

11am-1pm  
Tamsui River e-Biking

FESTIVAL WRAP UP  
ON SOCIAL MEDIA



1.15pm-2.15pm  
**Easy Breezy  
Lunch Break Yoga**

6pm-7pm  
**Understand & Combat  
Office Syndrome**



10.30am-11.30am  
**Workplace Wellbeing:  
How to Make a  
Healthy Lunch**

12pm-2pm  
**Health Benefits of  
Doing What You Love**

6pm-8pm  
**Introduction to  
Bullet Journaling**

6.30pm-8pm  
**Network & Spark Joy  
with Board Games**

8pm-9.30pm  
**Find Your Voice –  
Singing Workshop**

10am-11am  
**Boost Your Immunity  
with Pilates**

4pm-5pm  
**A Nutritious Life  
Workshop by  
Nutrifood**

6.30pm-8pm  
**Individual Differences:  
Understand & Cope**

7pm-8pm  
**Freestyle  
Group Training by  
Celebrity Fitness**

7pm-8pm  
**Improve Your  
Flexibility with  
Vinyasa Yoga**

7.30pm-8.30pm  
**BOOM: Feel the Beat  
and Beat the Calories!**

9pm-10pm  
**Feng Shui &  
Wellness: What You  
Need to Know**



모든 시간은 대한민국 현지 시간입니다.  
게시되는 시점에 모든 정보는 정확합니다.