



PAIN CLINIC

WELLNESS PHILOSOPHY

MSS
APPLICABLE



A FELLOW SRC MEMBER
SHARING FOR THE WELL-BEING
OF OUR COMMUNITY

MOVE BETTER. LIVE BETTER. STAY ACTIVE FOR LIFE.

Sat, 3 Oct 2026 | 2.00pm to 3.30pm
Oasis Lounge, Level 1

A wellness talk on knee pain, osteoarthritis
& back pain from prolonged sitting

This talk will help you:



KNEE PAIN & OSTEOARTHRITIS

- Understand your knee pain and protect your joints
- Reduce pain and improve mobility
- Stay active and enjoy the sports you love



BACK PAIN FROM PROLONGED SITTING

- Understand how sitting affects your back
- Reduce discomfort and improve posture
- Move better and stay active every day

CHARGES

Members	\$5+
Members' Guests	\$10+

Contact: Emma Chong

☎ 6595 0526

✉ emma.chong@src.org.sg

Register here



Registration is on a first-come, first-served basis. No cancellation will be entertained after the registration closes on **Wed, 16 Sep 2026**.

This event will be cancelled if the minimum number of 12 pax is not reached.

<https://tinyurl.com/SRC-WellnessTalk-Oct-2026>