

**BOOK LAUNCH &
HANDS-ON WORKSHOP**

**EXERCISE PRESCRIPTION
FOR THE PRACTISING DOCTOR**

*Jointly organised by the Singapore Sports Council
and the Singapore Medical Association*

**SATURDAY, 30 AUGUST 2003
2.00 PM - 5.00 PM**

The workshop with a difference:

You will be doing the exercise that you are going to
prescribe to your patients

HIGHLIGHTS

- Get a copy of the Exercise Prescription Handbook for Doctors at the Launch.
- Learn from the Fitness Professionals and Singapore Sports Council's Sports Physicians.
- Do stretching exercises, calisthenics, walking and jogging exercises in the Workshop.

Mark this afternoon in your diary – More details in the next issue of the SMA News.