



Tampines Starlight Residents' Committee

BLk 719 Tampines St 72 #01-37

Tel: 91459952 / 6260 7702

FREE 免费

Healthy Exercise 回春医疗保健操

Date: 日期	Every Monday, Wednesday & Friday 每逢星期一，三与五
Time: 时间	7.00am to 8.00am 早上七点至八点
Venue: 地点	Basket Ball Court in front of Blk 719 or Multi-purpose Hall at 720 Tampines St 72 大牌 719 前面篮球场或大牌 720 之综合礼堂



*Join us for series of morning healthy
exercise & towards healthy living!!*

**欢迎您加入我们的早操活动，
迈向健康的生活**