



SENIORS MASTERCLASS

Virtual Health Talk Series
Every Tuesday of July
1.00pm - 2.00pm

Scan here to register



1

05 July Muscle Health (Registration ends on 03 July)

Recognising the importance of muscle health as we age
Dr Daphne Yang, Associate Consultant, Dept of Geriatric Medicine

2

12 July Bone Health (Registration ends on 10 July)

Learning about the impact of bone health on us as we age
Dr Louise Heyzer, Consultant, Dept of Geriatric Medicine

3

19 July Building Muscles (Registration ends on 17 July)

Taking active steps to healthy muscle health
Ms Natalie Yee, Sr Physiotherapist, Dept of Physiotherapy
Ms Clarissa Tai, Dietitian, Dept of Nutrition and Dietetics

4

26 July Building Bones (Registration ends on 24 July)

Being equipped to protect our bone health
Ms Natalie Yee, Sr Physiotherapist, Dept of Physiotherapy
Ms Clarissa Tai, Dietitian, Dept of Nutrition and Dietetics