

CISCO Talk: Jog Your Way to Health and Fitness

27 February 2013, Wednesday,

Centre 2 Level 4 CISCO,
20 Jalan Afifi Singapore 409179

Objective of the Event

As part of the objectives of The Society for Men's Health Singapore to promote men's health awareness, we have embarked on a campaign to outreach to the male workforce through corporate companies. As part of the campaign, SMHS now offers corporate talks to companies with large male base.

Registration

The Talk was attended by 30 CISCO staff.

Food

CISCO Management provided the food for the 30 CISCO staff.

Venue

The talk was held at CISCO Prime Lounge where staff/audience relished the conduciveness of the place. The place was very relaxing for such kind of talk. They even enjoyed eating while listening to the speaker.

Speaker/ Presentation

The Speaker, Mr Ray Loh, presented a topic about Health and Fitness where he showed his competency to present such kind of talk. The presentation includes:

- Topic: running
- Biomechanics of running
- Common running injuries
- Cause of running injuries
- Identifying them

- Injury Prevention

Feedback

The talk received an overwhelming response from the audience. They were very satisfied on how the speaker delivered his presentation which also included demonstration and videos. For this reason, some of the audience showed their interest in joining the society, believing that the society can be beneficial in some aspects of their life.

Event Photos

