

STEP INTO NHG HEALTHIVERSE

WHERE PLAY MEETS WELL-BEING

4-5TH OCT 2025
SINGAPORE SPORTS HUB
9.00AM - 5.00PM



FESTIVAL GUIDE

PULSE PLAZA

NHG
HEALTH

CARECORE
CITY

HEALTH CARNIVAL

WELCOME TO
HEALTHIVERSE

HEARTLAND
HEIGHTS

SPROUTLAND

BLOOM
CORNER

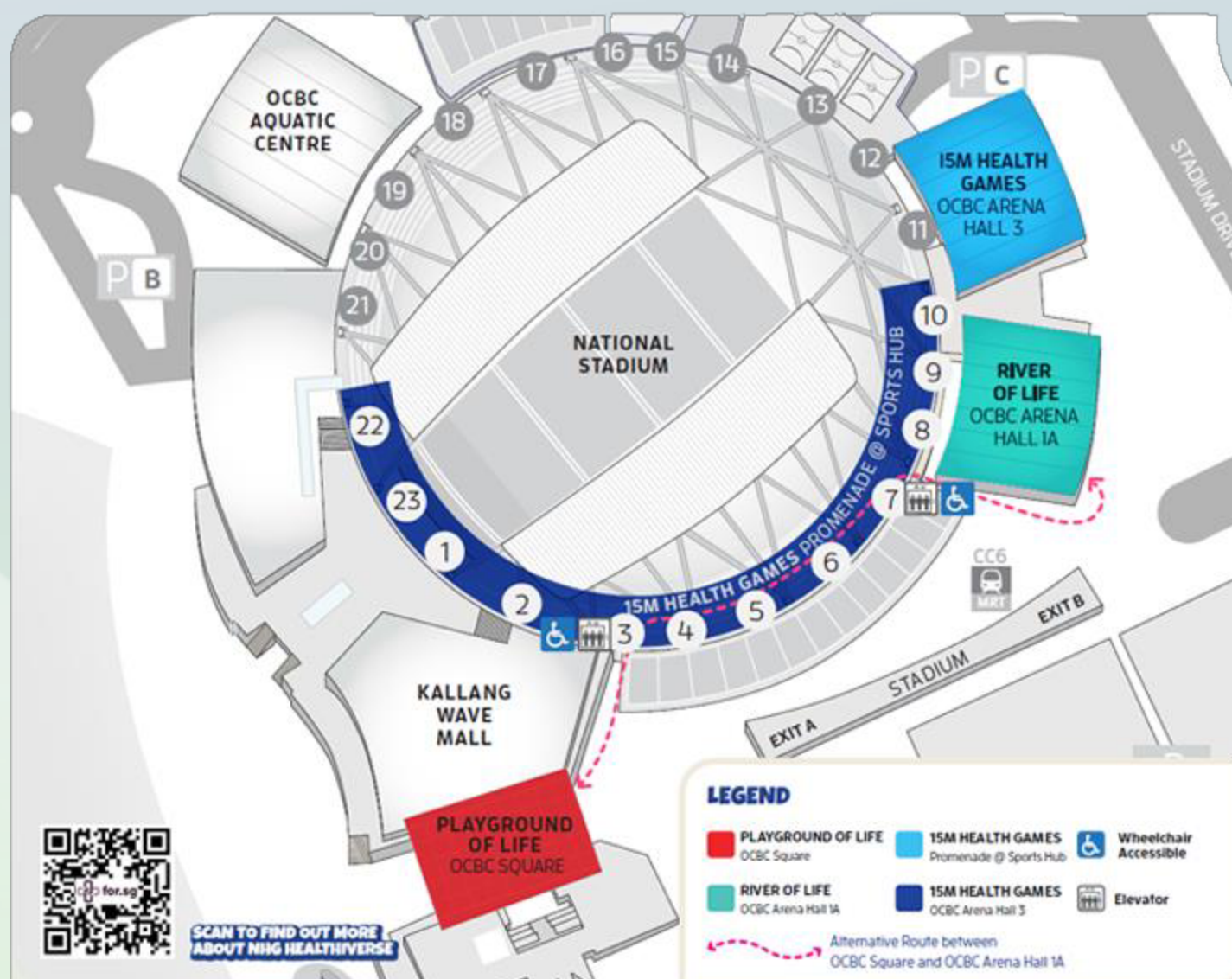
MOBILE BMD

MAMMOBUS

POWER
PLAY

EVERLIGHT
VILLAGE

EVENT MAP



4-5TH OCTOBER 2025 HEALTH CAROUSEL

Visit either locations to pick up your free tote bag and Healthipass – then start collecting stamps to earn free goodies!

PLAYGROUND OF LIFE OCBC Square

Step into the Playground of Life, the vibrant heart of Healthiverse, where health meets joy and inspiration.

RIVER OF LIFE OCBC Arena Hall 1A

Step into the River of Life, the joyful spirit of Healthiverse, a journey through every stage of health and life.

5TH OCTOBER 2025 15M HEALTH GAMES

Visit the Promenade @ Sports Hub & OCBC Arena Hall 3 to pick up your Mini Game Pass – then start your fitness journey and stamps collection for prizes!

15M HEALTH GAMES Promenade @ Sports Hub

PEDAL POWER
TIC-TAC FLOORBALL
BONDING BOCCIA

15M HEALTH GAMES OCBC Arena Hall 3

CAPTAIN'S HOOP
SOFT VOLLEYBALL
WALKING FOOTBALL

Olah, Lylah, Ellah Mascots Meet & Greet

OCBC Square

4th Oct

10am

12pm

1pm

3pm

5th Oct

11am

12pm

1pm

4pm

OCBC Arena Hall 1A

4th Oct

11am

2pm

4pm

5th Oct

10am

2pm

3pm





PLAYGROUND OF LIFE 4-5TH OCTOBER 2025

OCBC Square

Pick up your free tote bag and Healthipass. Start collecting stamps to earn free goodies and a chance at the claw machine.

LEGEND

- Entrance/Exit
- Stage
- Participating booths
- Participating booths for Healthipass stamps ★
- Collection Counter
- Redemption Counter
- Claw Machine



Medic



Mobile BMD



MammoBus



Food Truck



ACTIVITIES

- Fuel and Pump Challenge
- Breathe into the Moment
- Groove Your Way to Health
- Release to Renew



PLAYGROUND OF LIFE PULSE PLAZA PROGRAMMES

STEP INTO THE PLAYGROUND OF LIFE, THE VIBRANT HEART OF NHG HEALTHIVERSE, WHERE HEALTH MEETS JOY AND INSPIRATION.

4TH OCTOBER 2025

(SATURDAY)

Time	Programme
9.00am	Join us in our Dance of the Nation at NHG Healthiverse!
9.30am	Choose and Eat Wisely Tour SG Farmers' Market at NHG Healthiverse with Chef Wu Sihan
10.30am	Fuel and Pump Challenge Fitness Challenge
11.30am	Breathe into the Moment Mindfulness Practice
12.30pm	Get Ready to Groove Dance Performance by Everdance
1.00pm	Groove Your Way to Health Dance Competition for Seniors
2.30pm	Open Minds, Brighter Lives Mental Wellness Talkshow with Suhaimi Yusof
3.00pm	Prize Presentation for Groove Your Way to Health
3.30pm	96.3 Hao FM I Wish to Sing With You
4.30pm	Healthcare Heroes Tribute Performance by NHG Health Staff and Children

5TH OCTOBER 2025

(SUNDAY)

Time	Programme
9.00am	Celebrate Adding Years of Healthy Life Together! With our Guest-of-Honour
10.15am	Choose and Eat Wisely Tour SG Farmers' Market at NHG Healthiverse with Chef Iskander Latiff
11.00am	Release to Renew Tension Release Exercise
12.15pm	Silver and Strong Active Living Geriatrician, Physiotherapist and Team Strong Silvers
1.00pm	100.3 UFM Ultimate Roll & Dodge
2.00pm	East Meets West: Preventive Health for All Health Gurus: Doctors, Acupuncturists, TCM Physician
3.00pm	Performance by The A Cappella Society
4.00pm	Award Ceremony for 15M Health Games
4.45pm	Sing-a-long with The A Cappella Society



PLAYGROUND OF LIFE BOOTHS & PARTNERS

Booth		
1	I5M Social Movement	★
2	CHOPE Your Mammogram & Bone Density Scans	★
3	Take Charge of Your Health	
4	NHG Health, your Regional Health Manager	★
5	Kwong Wai Shiu Hospital	★
6	Empower Your Health	★
7	Volunteer with NHG Health	★
8	Plan Well, Age Well	★
9	national mindline 1771	★
10	Therapeutic Horticulture	★
11	Farm to Table: Harvest to Health	★
12	GSK	★
13	Healthy Communities @ Workplaces	★
14	Obesity & Health	★
15	NHG Health Centre	★

★ Participating booths for Healthipass stamps



PLAYGROUND OF LIFE SG FARMERS' MARKET

Booth	
F1	MEOD Farm
F2	SG Farmers' Market 
F3	Sustenir
F4	Chew's Agriculture
F5	Ser Poh Farming
F6	BluCurrent By SAT
F7	Vegeponics
F8	Spore Gardens
F9	Nippon Fish Farm
F10	Golden Cap Farm
F11	Cropciti
F12	Blue Ocean Aquaculture Technology
F13	Yili Farm
F14	Growy
F15	Green Harvest



Participating booths for Healthipass stamps

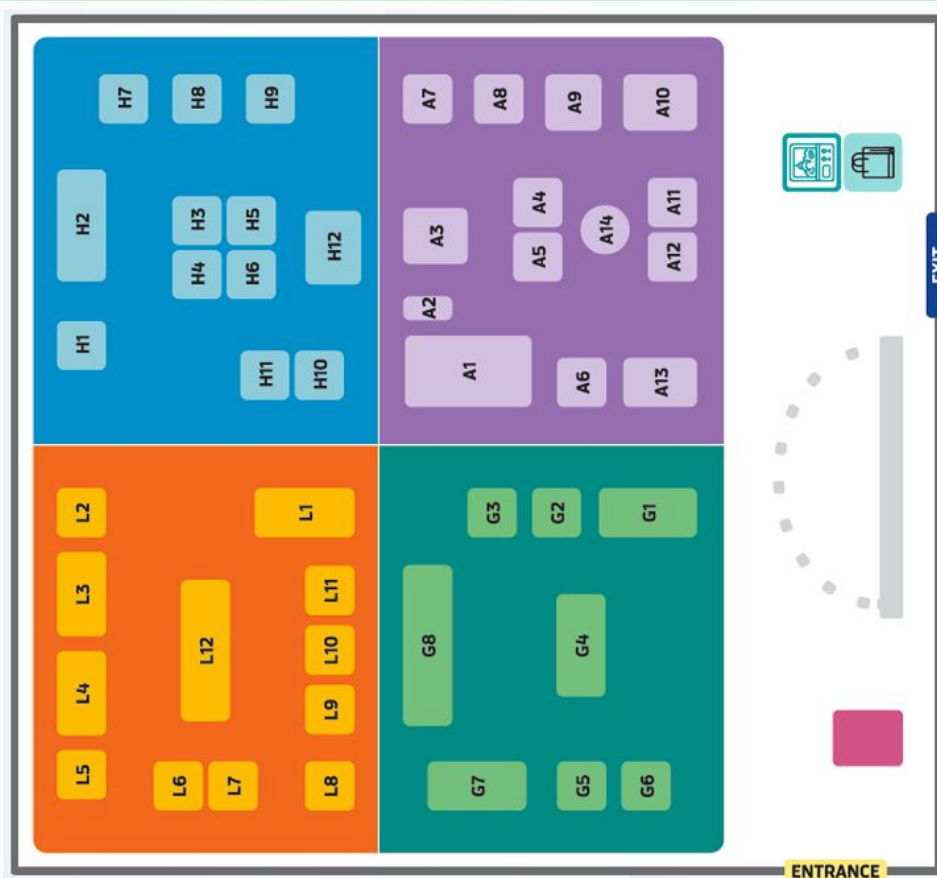




RIVER OF LIFE

4-5TH OCTOBER 2025

OCBC Arena Hall 1A



LEGEND

Entrance

Live Well

Grow Well

Heal Well

Age Well

Participating booths for Healthipass stamps

Collection Booth

Redemption Booth

Claw Machine

Interactive Screen

Medic

Exit

ACTIVITIES

G8 - Healthikidsverse

L8 - Therapeutic Self-Care Workshops



SPROUTLAND: GROW WELL BOOTHS & PARTNERS

Booth

G1	Foodie Quest	★
G2	REACH-ing out to school & community	★
G3	My Secret Bedroom: Mental Health Signs Between the Clues	★
G4	Sleep Well To Grow Well	★
G5	Raising Bright Smiles	★
G6	Growing Strong, Growing Well	★

Activities

G7	Bounce to Health	
G8	Healthikidsverse	★

★ Participating booths for Healthipass stamps



HEARTLAND HEIGHTS: LIVE WELL BOOTHs & PARTNERS

Booth		
L1	Pharmacy: Your Pill-ar of Health	★
L2	Together as One, Infection for None	★
L3	Oral Health for Total Wellness	★
L4	Vision Reimagined & Bye - opia!	★
L5	Know Your Skin & Glow	★
L6 & L7	Loving Hearts, Beautiful Minds The Journey to Living Well	★
L8	Emotions in Motion	★
L9	Health In Your Neighbourhood	★
L10	Health Meets Tech	★
L11	AI-Powered Chronic Disease Management	★
L12	IMDA: Pick Up Digital Skills for Life	★
	Carer: Tap Into Better Health	★
	Singtel: Stay Connected with Singtel	★
Activities		
L8	Therapeutic Self-Care Workshops	

★ Participating booths for Healthipass stamps



CARECORE CITY: HEAL WELL BOOTHS & PARTNERS

Booth		
H1	Neurostimulation Service	★
H2	Buzud	★
H3	Organic7days	★
H4	Abbott Nutrition Singapore	★
H5	PreSAGE	★
H6	See Beyond Reality	★
H7	Contrak 2 Enteral Access System	★
H8	Advancing Gastric Cancer Care	★
H9	NHG Health's ERAS & SERA	★
H10	Print to Heal	★
H11	Ekso Bionics Step Up Step Forward	★
H12	Smart Ward Zone	

★ Participating booths for Healthipass stamps



EVERLIGHT VILLAGE: AGE WELL BOOTHS & PARTNERS

Booth		
A1	Be Fit, Not Frail!	★
A2	Understanding Frailty Kiosk	
A3	Greenery & Health	★
A4	Dementia Friendly Singapore (DFSG)	★
A5	Say No to Frailty	★
A6	Play & Thrive with NTUC Health	★
A7	Muscle Charging Station	★
A8	Ready Digital (RDI)	★
A9	Joyful LifeKiosk - Simple ways to joyful aging	★
A10	Staying Strong & Safe at Home	★
A11	Heart To Heart	★
A12	Advance Care Planning (ACP)	★

★ Participating booths for Healthipass stamps



15M HEALTH GAMES

5TH OCT 2025

OCBC ARENA HALL 3 &
PROMENADE @ SPORTS HUB



WELCOME TO
HEALTHIVERSE

KALLANG

MANDAI

SERANGOON

YISHUN

NOVENA

WOODLANDS

GEYLANG

HOUGANG

ANG MO KIO

SEBRAWANG

BISHAN

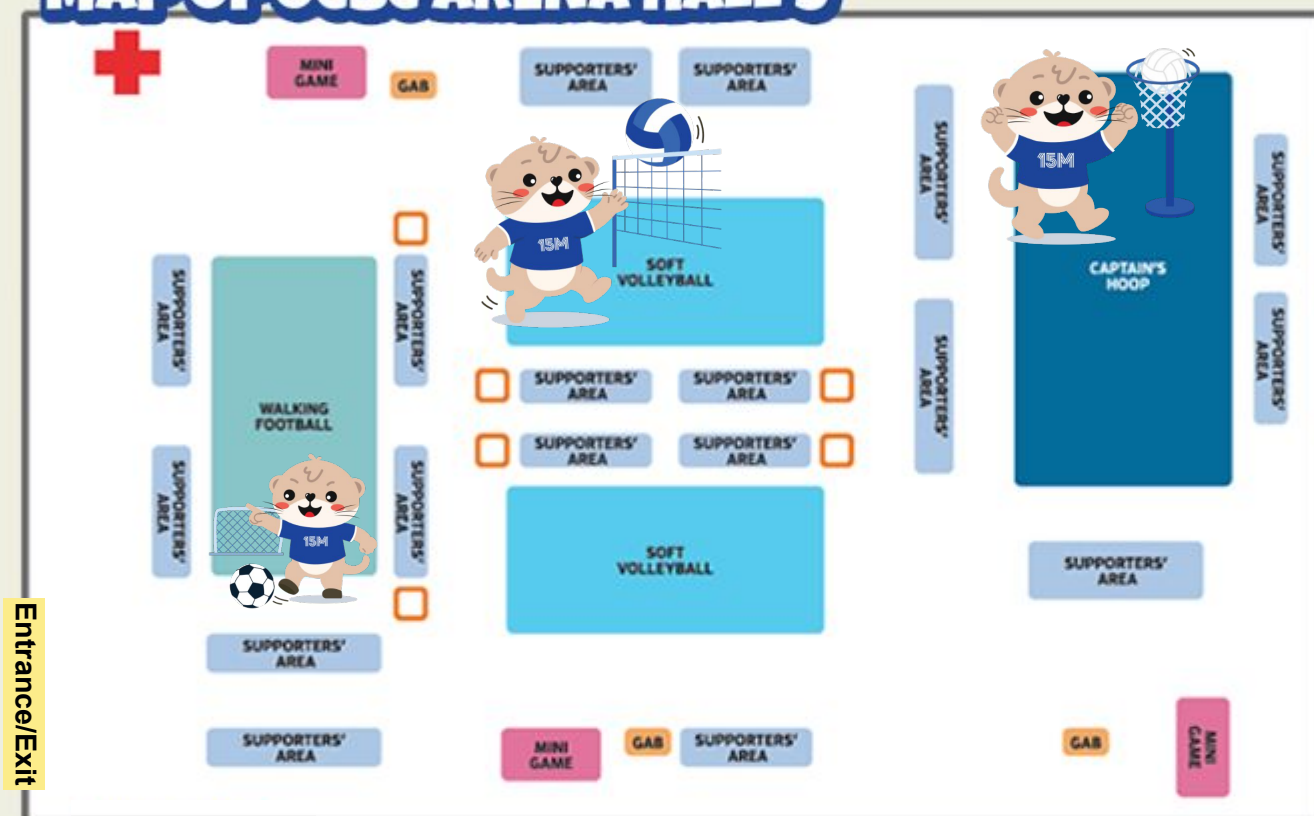
TOA PAYOH

POWER
PLAY
15M

15M HEALTH GAMES

15M Health Games brings people together for health, through group sports games adapted for more people of different ages and abilities to play, as part of the 15M Social Movement.

MAP OF OCBC ARENA HALL 3



LEGEND

- Entrance / Exit
- Games Admin Booth
- Captain's Hoop
- Soft Volleyball
- Walking Football
- Mini Game
- Medic
- Supporters' Area
- Storage area for belongings



PEDAL POWER
GATE 3



TIC TAC FLOORBALL
GATE 7



BONDING BOCCIA
GATE 9

MAP OF PROMENADE @ SPORTS HUB



LEGEND

- PLAYGROUND OF LIFE OCBC Square
- RIVER OF LIFE OCBC Arena Hall 1A
- 15M HEALTH GAMES Promenade @ Sports Hub
- 15M HEALTH GAMES OCBC Arena Hall 3
- Redemption Booth Gate 6 and 11
- Claw Machine Gate 6 and 11
- Medic
- Wheelchair Accessible
- Elevator



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