Updated on 06 November 2026

NUHS National University Health System

List of NUHS Community Events

S/N	Constituency	Event Name	Date / Day	Time	Event Venue	Registration Required	Contact Details (For Enquiries)
1	All	Monthly Caregiver Talk	Last Saturday of every month* (Except December, will be held 3rd week of December)	1100 - 1200	Zoom	Yes	Register here: https://for.sg/caregiver For enquiries, please email: JHCampus_Life@nuhs.edu.sg
2	Limbang	CHP Health Talk - Diabetes Management+	Fri, 6 Nov 26	1400 - 1500	Fei Yue Active Ageing Centre (Limbang) 536 Choa Chu Kang Street 51, #01-142, Singapore 680536	Yes	Email: fy-lbaac@fycs.org Tel: 6659 0616
3	Jurong Spring - Gek Poh	"Know your gut" – Colorectal Cancer Early Detection & Prevention Day	Sat, 7 Nov 26	0900 - 1300	Jurong Spring Community Club 8 Jurong West Street 52, Singapore 649296	Yes	Email: pa_jurongspringcc@pa.gov.sg Tel: 6562 4066
4	Yuhua	CHP Health Talk - Understanding Dementia+	Thu, 12 Nov 26	1430 - 1530	Loving Heart Multi-Service Centre 210 Jurong East Street 21, #01-389, Singapore 600210	Yes	Email: hello@lovingheart.org.sg Tel: 6897 4766
5	Cashew	NUCOHS Health Talk - Protecting your smile after the 60s+	Sat, 14 Nov 26	1100 - 1200	Senja-Cashew Community Club 101 Bukit Panjang Road, Singapore 679910	Yes	Email: PA_SENJA-CASHEWCC@pa.gov.sg Tel: 62194561
6	Ayer Rajah	CHP Health Talk - Medication Management+	Mon, 16 Nov 26	1400 - 1500	PPH Community Services Centre 44 Teban Gardens Road, #01-407, Singapore 600044	Yes	Email: community@pphcsc.org Tel: 6566 5603
7	Jurong Central	CHP Health Talk - Healthy Living Lifestyle+	Tue, 17 Nov 26	1400 - 1500	St. Andrew's Active Ageing Centre (Jurong West), Blk 499 Jurong West Street 41 #01-812 S640499	Yes	Email: aac_jurongwest@sacs.org.sg Tel: 6563 0343
8	Yuhua	CHP Health Talk - Healthy Living Lifestyle+	Thu, 19 Nov 26	1400 - 1500	Loving Heart Active Ageing Centre (Jurong East 229) 229 Jurong East Street 21, #01-701, Singapore 600229	Yes	Email: hello@lovingheart.org.sg Tel: 6897 4766
9	All	Diabetes and Mental Health: Why Both Matter	Fri, 20 Nov 26	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-nov26 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
10	Zhenghua	CHP Health Talk - Falls + Bone Health+	Mon, 23 Nov 26	1030 - 1130	New Life Community Services Active Ageing Centre (Care) @ Jelapang 525 Jelapang Road, #01-123, Singapore 670525	Yes	Email: jelapangaac@newlife.org.sg Tel: 8183 9546
11	Clementi	CHP Health Talk - Falls + Bone Health+	Tue, 24 Nov 26	1100 - 1200	Wellness Space @ Clementi Peaks, 463 Clementi Ave 1, #01 18, Singapore 120463	Yes	Email: clm_420grp@lb.org.sg Tel: 8781 3065
12	Queenstown	CHP Health Talk - Falls + Bone Health+	Fri, 27 Nov 26	1030 - 1130	Happy Village @ Mei Ling 160 Mei Ling St, #01-293, Singapore 140160	Yes	Tel: 8298 3827
13	All	Eating Well with Diabetes	Fri, 27 Nov 26	1300 - 1400	Zoom	Yes	Register here: www.for.sg/nuh-heh-nov26 For enquiries, please call 6772 2184 Details of events are subject to changes. Registration is strictly required.
14	Bukit Panjang	Health Together Carnival @ Bukit Panjang Town	Sun, 29 Nov 26	0930 - 1900	Hillion Mall (Open Space) 17 Petir Road, Singapore 678278	Yes	For more info, please click on the link below: Health Together Carnival - NUHS | National University Health System
15	Keat Hong	Grandparents Day	Sun, 29 Nov 26	1100 - 1300	Keat Hong Community Club (Level 5) 2 Choa Chu Kang Loop, Singapore 689687	Yes	Email: pa_keathongcc@pa.gov.sg Tel: 6769 4194
16	Nanyang	CHP Health Talk - Medication Management+	Wed, 9 Dec 26	1300 - 1400	Tzu Chi SEEN @ Nanyang 712B Jurong West Street 71, #01-203, Singapore 642712	Yes	Email: sac@tzuchi.org.sg Tel: 6355 9068
17	Ayer Rajah	NUCT Health Talk -Boost Bone Health, Prevent Osteoporosis+	Wed, 9 Dec 26	1330 - 1530	Galilee Bible-Presbyterian Church, 202 Pandan Gardens, Singapore 609338	Yes	Email: office@galileebpchurch.org Tel: 6560 2410
18	Chua Chu Kang	CHP Health Talk - Falls + Bone Health+	Wed, 16 Dec 26	1430 - 1530	Fei Yue Active Ageing Centre (Teck Whye) 9 Teck Whye Lane, #01-268, Singapore 680009	Yes	Email: fy-twaac@fycs.org Tel: 6893 6606
19	Bukit Panjang	CHP Health Talk – Blood Pressure Monitoring + Blood Pressure Machine Demo+	Wed, 16 Dec 26	1530 - 1630	NTUC Health Active Ageing Centre (Bukit Panjang), 2 Bukit Panjang Ring Rd, #02-06, Singapore 679947	Yes	Email: care@ntuchealth.sg Tel: 8031 2839
20	Keat Hong	CHP Health Talk - Chronic Disease Management+	Thu, 17 Dec 26	1400 - 1500	Fei Yue Active Ageing Centre (Sunshine Court) 476C Choa Chu Kang Avenue 5, #01-43, Singapore 683476	Yes	Email: fy-scaac@fycs.org Tel: 6334 0180
21	Ayer Rajah	CHP Health Talk - Chronic Disease Management+	Mon, 21 Dec 26	1400 - 1500	PPH Community Services Centre 44 Teban Gardens Road, #01-407, Singapore 600044	Yes	Email: community@pphcsc.org Tel: 6566 5603

*The entry requirement for attending these health talks is contingent upon adhering to the terms and conditions established by the active ageing centres involved.
Please note that listed events may be subject to changes without prior notice.