

## Fitness for CY2017

TITLE	DATE	TIME	VENUE	NO. OF PARTICIPANTS
Body Jam	06-29 March &	5:30 to 7:00	Canteen, Lower Area	155
Taebo	06-29 March & 06 – 28 June	5:30 to 7:00	Canteen, Lower Area	63
Hip Hop Aerobics	04 July – 15 August	5:30 to 7:00	Canteen, Lower Area	366
Ballroom Dancing	05 July – 11 August	5:30 to 7:00	Canteen, Lower Area	125

## Lecture: Lecture on Drug Abuse Prevention and other health-related topics in the Central Office only:

TITLE	DATE	TIME	VENUE	NO. OF PARTICIPANTS
Lecture on Drug Abuse Prevention in the Central Office for the 1 <sup>st</sup> Semester	27 January 2017		Multipurpose, Level 3, Near COA	57
Lecture on Drug Abuse Prevention in the Central Office for the 2 <sup>nd</sup> Semester	07 November 2017		Level 8, Narra Room	29
Lecture on Low Back Pain	23 March 2017		Multipurpose Hall, Level 2	70
Lecture on Low Back Pain (as requested)	01 June 2017		Multipurpose Hall, Level 2	46
Lecture on Breastfeeding	29 August 2017		Multipurpose Hall, Level 2	24
Dental Lecture: Making Oral Hygiene a Habit	September 15, 2017		Multipurpose Hall, Level 2	27