



FEEL FAB FEST 2018

EVENT SCHEDULE

Day 1: 21 July 2018

Suntec City Convention Centre Halls 405 & 406

DAY 1 21 July 2018, Saturday SCHEDULE				
STAGE	SEMINAR	SPORTS ZONE	LIFESTYLE ZONE	CHILLOUT ZONE
10:00 AM DOORS OPEN				
	How to Tackle Eye, Bone & Sleep issues <i>Conducted by Bryan Gan, Hi-Beau Intl</i>	Introduction to Calisthenics <i>Conducted by Haaziq, Core Collective</i>		CHILL
11:30 AM	Discovering the A-Z of Diabetes <i>Presented by Pfizer</i> <i>Conducted by Salma Khalik, The Straits Times Senior Health Correspondent & Panelists</i>	Basics of Muaythai <i>Conducted by UFM100.3 DJs Wenhong, Andrew, Xiaozhu, Weilong & Chengyao</i>		CHILL
11:45 AM				
12:00 PM				
12:15 PM				CHILL
12:30 PM	救命，先养肺！呼吸是生命之源，养肺要趁早！ <i>Seminar conducted in Mandarin by Veris Tay, Owell</i>			
1:00 PM				
1:15 PM				Live Band Set 1 <i>Aarika Lee & The Next Movement</i>
1:30 PM	Sleep your Way to Higher Productivity <i>Conducted by Veronica Tan, Rev22</i>		The Fab Junior Chef Competition <i>Presented by Tecno Cooking Appliances</i> <i>Judged by ONE FM's Andre Hoeden + kids</i>	
1:45 PM				CHILL
2:00 PM	Keeping fit through Running! <i>In conjunction with the ST Run</i> <i>Conducted by Dr Mok Ying Ren & panelists</i>	Red-X Functional Fitness Workout Session <i>Led by Superfit Singapore</i>		
2:15 PM				
2:30 PM	Feel Fit, Fab & Younger Instantly <i>Conducted by Dr. Kevin Tomassini, Core Collective</i>			
2:45 PM				
3:00 PM	Active SG Introduction			CHILL
3:15 PM				
3:30 PM	MEGADANZ® Workout Session <i>Led by Radical Fitness & ONE FM's Cheryl Miles</i>			
3:45 PM		Surviving a Heart Attack - Past, Present and Future <i>Conducted by Dr Soon Chao Yong, The Heart Doctors @ Mount Alvernia Hospital</i>		Live Band Set 2 <i>Aarika Lee & The Next Movement</i>
4:00 PM				
4:15 PM				Live Band Set 2 <i>Aarika Lee & The Next Movement</i>
4:30 PM				
4:45 PM		Colorectal Cancer Detection: Fact vs Fiction <i>Conducted by Dr Jarrad Lee gutCARE Digestive • Liver • Endoscopy Associates @ Mount Alvernia Hospital</i>		
5:00 PM	Making Fitness a Lifestyle Choice at any Age <i>Conducted by ST Correspondent Joyce Teo & Panelists</i>			Fab 80s & 90s Silent Boogie <i>Prizes sponsored by Beyerdynamic</i> <i>On the decks with Shaun Tupaz, ONE FM</i>
5:15 PM				
5:30 PM	Healthy Bones at Different Ages <i>Conducted by Jeffrey Ong Wei Jun, All Link Medical</i>	Fab 4 Football Challenge (Semi finals) <i>in support of the Singapore Football Festival</i> <i>Team ONE FM, Active SG's Lim Tong Hai & his Football Academy</i>	Urban Farming Workshop <i>Conducted by Citizen Farm</i>	
5:45 PM				
6:00 PM				
6:30 PM				Fab 80s & 90s Silent Boogie <i>Prizes sponsored by Beyerdynamic</i> <i>On the decks with Shaun Tupaz, ONE FM</i>
7:00 PM				
7:15 PM				
7:30 PM				
8:00 PM				



FEEL FAB FEST 2018

EVENT SCHEDULE

Day 2: 22 July 2018

Suntec City Convention Centre Halls 405 & 406

DAY 2 22 July 2018, Sunday SCHEDULE				
STAGE	SEMINAR ROOM	SPORTS ZONE	LIFESTYLE ZONE	CHILLOUT ZONE

DOORS OPEN				
10:00 AM				
10:15 AM				CHILL
10:30 AM		Red-X Weighted Vest Workout Session		
11:00 AM		Led by Superfit Singapore		
11:15 AM				CHILL
11:30 AM	What Affects your Child's Brain at Different Stages <i>Carl Lim, Lianhe Zaobao Senior Health / Parenting / Lifestyle Correspondent & panelists</i>			
12:00 PM				
12:15 PM		Eliminating the Risk Factors of Heart Disease <i>Conducted by Veris Tay, Owell</i>	Fab 4 Football Challenge (Finals) <i>in support of the Singapore Football Festival</i> <i>Team ONE FM, Active SG's Lim Tong Hai & his Football Academy</i>	Live Band Set 1 <i>Jack & Rai</i>
12:30 PM				
1:00 PM				
1:15 PM				CHILL
1:30 PM	Managing Stress <i>Carl Lim, Lianhe Zaobao Senior Health / Parenting / Lifestyle Correspondent & panelists</i>	Revvng up your Immune System for Peak Performance <i>Conducted by Veronica Tan, Rev 22</i>		
2:00 PM			BODYCOMBAT <i>Conducted by Jorge Jimenez, Core Collective</i>	
2:15 PM		Eat Right, Stay Active! <i>Conducted by Chen Yin, Kinohimitsu</i>		CHILL
2:30 PM				
3:00 PM				
3:15 PM				CHILL
3:25 PM				
3:30 PM		您是否忽略了大腦也需要保養? <i>Conducted by Edwin Low, dr® MCT</i>		
3:45 PM	Parkinsonism & The Heart <i>Presented by Pfizer</i>			CHILL
4:00 PM				
4:15 PM				
4:30 PM		Exercises to Tackle Hypertension, Diabetes & Other Chronic Diseases <i>Conducted by Lim Junhong, Jaden, Core Collective</i>		Live Band Set 2 <i>Jack & Rai</i>
5:00 PM	FIGHT-DO® Workout Session <i>Led by Radical Fitness</i>		Muaythai Self Defence Skills <i>Conducted by UFM100.3 DJs Wenhong, Andrew, Weilong, Xinying</i>	
5:15 PM				
5:30 PM		Facial Pigmentation and Prevention <i>Conducted by Dr David Ng C. H., Face the Facts Skin Creations</i>	Urban Farming Workshop <i>Conducted by Citizen Farm</i>	CHILL
5:45 PM	OXIGENO® Workout Session <i>Led by Radical Fitness</i>			
6:00 PM				
6:15 PM				CHILL
6:30 PM				
6:45 PM				
7:00 PM				CHILL
7:15 PM				
7:30 PM				
8:00 PM				