

Healthy Lifestyle Awareness Week



UNIVERSITY
OF MALAYA
MEDICAL CENTRE

ESG@UMMC Present

EXERCISE SUPPORT GROUP @ UNIVERSITY MALAYA MEDICAL CENTRE

Fitness Marathon



“Survivors, Let’s Keep Fit & Healthy for Life”

180 Minutes
Non-stop

17 August 2019 | Saturday | 9.00 am
Dewan Tunku Canselor (DTC),
University of Malaya

Open for All CA Survivors
and Public



Activity :

Zumba | Strong by Zumba | Fight fx | HIIT | Aerobics
Yoga | Qi gong

Payment method :
Cash Transfer to PPUMCare
account No: 1417-1010-0033-78 (Bank Islam)
Closing date : 15 July 2019

Registration
Fee
RM 20

Organised by :
Sports Medicine Department

Collaboration with :



Be FITT@UMMC
Sports Medicine
University Malaya Medical Centre

Oncology
Department



Department
of Dietetics

ESG@UMMC
Support Group

Be FITT@UMMC

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