




[Go to CS Voice Index](#) 



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Partnership

Get up and Workout

Thanks to the sponsorship from Rotary Club of Peninsula South and Rotary Club of Taipei Metro East, our four centres of Active Ageing Service participated in a healthy and positive activity. The activity included a talk by a cardiologist on exercise and heart health, 30-minute workout led by a physiotherapist, Volunteers of the Rotary Club took elders to a park for exercise and took pictures displaying health messages. Upon completion of the activity, participants received gifts from the Rotary Club to encourage them to do 30 minutes of exercise everyday.

One of the participants exclaimed, "It's amazing to see 200 elders doing exercise together!"



Physiotherapist led elders to do exercise



Participants marched to a park to do exercise.



Volunteers guided participants to do exercise.

 [Back to Top](#)