

Grand Rounds

HOW TO RUN BETTER (and not die while at it)

Are you fueling your running passion enough?

Dr Ivy Lim

Consultant, Sport and Exercise Medicine

Changi General Hospital

I have heart disease, can I still run?

Dr Yeo Tee Joo

Consultant, Cardiology

National University Hospital

To run or not to run?

Dr Foo Gen Lin

Associate Consultant, Sports Orthopaedic Surgery

Woodlands Health Campus

When 8th March 2019

Time 7pm-9pm

Where KKH Lecture room
(training centre)

Lvl 1 Women's tower

Cost \$5/SMAS member

\$10/non-member

Please register on

<https://scienceofrunning.typeform.com/to/xkehht>

OR Scan QR code

