

## Turning Point

Buangkok Green Medical Park

## Starting Point

Hougang Central Hub

## Ending Point

Hougang Mall



## SILVER RIBBON WALK – 4.5km

5 Oct 2008, 8am – 10am

Registration Form (Closing date – 29 Sep 2008)

Name \_\_\_\_\_

NRIC \_\_\_\_\_

Address \_\_\_\_\_

Tel \_\_\_\_\_ (H) \_\_\_\_\_ (O) \_\_\_\_\_ (HP)

Email \_\_\_\_\_

The participant

- will assemble at Hougang Central Hub at 8am.
- will withdraw immediately if he/she does not feel well, or is required to do so by any member of the official first aid staff.
- adhere to safety precautions at all times; follow directions given by officials on duty and to be wary of road vehicles.
- must be properly attired.
- is advised to drink plenty of water and to do warm up exercises before the walk.
- must ensure that he/she is physically fit to take part in the walk.
- waive all claims against the organisers, agencies, and persons connected with it from liability for any claim or damage whatsoever that may arise from my participation of this event, including without limitation, personal injury, or loss of life or personal belongings.

The organiser

- reserves all rights to use all photographs or recordings, or any other record of this event for any legitimate purposes including commercial advertising.

Each applicant will receive a redemption coupon for goodie bag upon registration. For more info, please enquire at Customer Service Counter of Hougang Mall, 90 Hougang Ave 10 S(538766) Tel 6487 4155



## HAPPY DAYS CHILDREN ART COMPETITION

5 Oct 2008, 8am – 10am

Registration Form (Closing date – 29 Sep 2008)

Category \_\_\_\_\_ Age \_\_\_\_\_

Name \_\_\_\_\_

Birth Cert/NRIC \_\_\_\_\_

Name of Guardian \_\_\_\_\_

Address \_\_\_\_\_

Tel \_\_\_\_\_ (H) \_\_\_\_\_ (O) \_\_\_\_\_ (HP)

Email \_\_\_\_\_

Theme Happy Days  
Category A 6 years old and below  
Category B 7 - 12years old  
Criteria Message to Theme - 50%  
Colours Co-ordination - 30%  
"Wow!" Factor - 20%

The participant

- will assemble at the atrium of Hougang Mall at 8am.
- are required to bring their own colouring pencils / crayons.
- will start drawing at 9am and submit his/her artwork by 10am. Latecomers will not be entertained.
- shall respect the final decision of the judges.
- waive all claims against the organisers, agencies, and persons connected with it from liability for any claim or damage whatsoever that may arise from my participation of this event, including without limitation, personal injury, or loss of life or personal belongings.

The organiser

- reserves all rights to use all photographs or recordings, or any other record of this event for any legitimate purposes including commercial advertising.

1<sup>st</sup> 100 applicants will receive a free gift upon registration. For more info, please enquire at Customer Service Counter of Hougang Mall, 90 Hougang Ave 10 S(538766) Tel 6487 4155



## What is World Mental Health Day about?

This special day was initiated by Richard C. Hunter, Deputy Secretary General of World Federation for Mental Health from 1983 – 2002. He envisioned World Mental Health Day as a global and unified effort to promote greater public awareness and understanding of mental health and mental illness. His dream continues to be realized each year on 10 October or in the month of October – now celebrated annually in over 100 countries!

## What does silver ribbon symbolise?

It is a global symbol to fight mental health stigma and encourage early treatment.

**FOR MORE INFORMATION, PLEASE ENQUIRE AT CUSTOMER SERVICE COUNTER OF HOUGANG MALL, 90 HOUGANG AVE 10 SINGAPORE 538766. Tel 6487 4155.**

