



ARTICLES

NAF Newsletter - Issue 9

An Unexpected Journey: Living and Thriving with Rheumatoid Arthritis

Patient story: Lee Lai Kuen

Since February last year, pain and swelling moved from my ankles to my knees, wrists, and shoulders, until it became too severe to ignore. That July, I was diagnosed with Rheumatoid Arthritis. The news brought confusion and anxiety, and like many newly diagnosed patients, I turned to the internet for information. It was also then that I found National Arthritis Foundation and the community support I needed.

Recovery took time and patience. As my medication gradually took effect, I adapted my lifestyle by swapping challenging hikes for gentle walks and stretching, eating more consciously, and taking afternoon naps to recover from restless

nights caused by pain. Guided by my rheumatologist and these sustainable lifestyle changes, I eventually achieved remission. Today, I am fortunate to once again enjoy Pilates, hiking, hydrotherapy, swimming, and travel - activities I once thought I might never return to. NAF was a steady source of support throughout. Its educational events, outings, and exercise classes became spaces for genuine connection, and through Pilates and hydrotherapy, I built friendships with people who understood my experience.

My RA journey was a rollercoaster, made harder by how invisible the condition can be to others. But my story carries hope: with early detection, the right treatment, and a community to lean on, remission is possible.





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Event Highlights



Boardwalk at Mandai Wildlife Reserve

On 17 January 2026, our members and their families visited Mandai Boardwalk for a relaxing morning walk amidst nature.

The walk took us through lush greenery and alongside tranquil waters, where we spotted wildlife such as monkeys, terrapins, a monitor lizard, and even a snake. Members enjoyed the gentle pace, pleasant weather, and the opportunity to spend quality time with family and fellow members.

The morning concluded with members enjoying good food and meaningful conversations over coffee and desserts. It was a simple yet refreshing way to begin the weekend together.



Wellness talk at Ministry of Foreign Affairs

On 27 January 2026, our team conducted a wellness talk for staff at the Ministry of Foreign Affairs (MFA).

Senior physiotherapist, Ng Shin Huey, spoke on office ergonomics - posture, workstation set-up, and simple adjustments such as chair positioning and workspace layout to enhance daily comfort. MFA staff also took part in a guided stretching segment, which helped them release tension and learn how to move more comfortably throughout the workday.

Attendees took away practical tips to not only support their wellbeing at work, but also to enhance their overall joint health.



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Event Highlights



Dinosaurs | Extinctions | Us @ Science Centre

Members and their families visited the Science Centre Singapore exhibition “DINOSAURS | EXTINCTIONS | US” on 30 January 2026, where they explored how dinosaurs lived and how major changes on Earth led to mass extinctions.

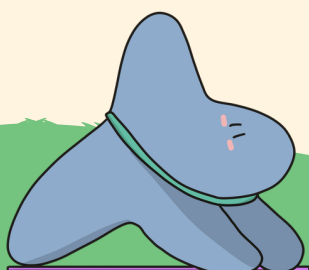
Members enjoyed life-sized dinosaur models, fossils, and interactive displays that made learning engaging and accessible, leaving them with a deeper appreciation of how life on Earth has evolved over time.



Movie @ EagleWings Cinema

On 3 February 2026, 12 of our members attended an exclusive screening of *Overcomer* (2024) at EagleWings Cinematics, a heartwarming film about resilience, identity, and finding strength through life's challenges. The story sparked reflection and meaningful conversations, making the experience even more memorable for all.

Members also enjoyed a delicious three-course meal at EagleWings Loft Restaurant, a conducive backdrop to connect as a community.





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Gardens by the Bay trails: Year of the Horse

In celebration of the Lunar New Year, our members and their families took part in a trail walk at Gardens by the Bay on 27 February 2026, ushering in the Year of the Fire Horse with cheer and good company.

Members and their families visited the Flower Dome and Cloud Forest, where they enjoyed the festive decorations and a leisurely stroll through the conservatories.

It was a relaxed and joyful afternoon for all as members also took the opportunity to catch up with one another.



Eating to ease inflammation @ Tzu Chi Food Farmacy

Over 40 members attended this Tzu Chi Food Farmacy session, led by dietitian Ms Zhang, who shared how food choices can help manage inflammation and support joint health.

A key takeaway was to prioritise whole, plant-based foods including fruits, vegetables, whole grains, legumes, nuts and seeds, while reducing intake of processed foods, saturated fats, sugar and sodium. Members were also introduced to the “BE SMART” approach to lasting change: start small, progress gradually, seek support, stay consistent, and persevere through challenges. The session was well received for its practical and easy-to-follow guidance.



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Patient Sharing Session

On 1 April 2026, our Patient Sharing Session brought participants together in a safe and supportive space to share their experiences. Led by a fellow patient and NAF volunteer, the session fostered mutual understanding and encouraged attendees in their journey. Keep a lookout for our next session soon!



Robofest 2026 @ Science Centre

On 11 April 2026, members and their families visited Science Centre Singapore for RoboFest, where they explored how AI brings robots to life through engaging hands-on exhibits and live demonstrations.



World AS Day @ Bird Paradise

Members and their families celebrated World Ankylosing Spondylitis Day on 2 May 2026 at Bird Paradise Singapore. Complimentary meal vouchers were given to all to enjoy brunch and fellowship.



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Tai Chi for Brain Health

NAF's ongoing partnership with the National Library Board continued with a "Tai Chi for Brain Health" talk on 16 May 2026 at the Central Library, led by guest speakers Adjunct Professor Lau Tang Ching and founder of the Tai Chi for Health Institute, Dr Paul Lam.

Attended by over 80 participants, the session explored how Tai Chi supports overall health, helping participants discover simple ways to stay active while improving their wellbeing and memory. A demonstration of Tai Chi movements by the two Tai Chi exponents made the session engaging and easy to follow.



Managing Arthritis with TCM Techniques

On 16 May 2026, members and guests attended a workshop on Managing Arthritis with TCM Self-Care Techniques at Moxamoxa Studio, where they learned Traditional Chinese Medicine practices to help manage joint pain, ease stiffness, and improve circulation.

The session was particularly relevant for office workers, long-term desk or phone users, and anyone experiencing neck or shoulder stiffness due to poor posture or sleep.





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Roadshows



NGH - MSK Day @ Woodlands Hospital

NAF participated in NHG Health's Musculoskeletal Day 2026, held on 28 March 2026 at Woodlands Hospital. The event brought together members of the public and medical practitioners, giving us the opportunity to share more about our programmes and services.

Visitors were informed of NAF's highly subsidised home physiotherapy programme, which allows individuals with limited mobility to receive care in the comfort of their own homes. We distributed flyers in goodie bags and engaged with participants at the event as we continued our outreach to spread our cause.

NHG Healthiverse 2026

NAF was proud to take part in NHG Healthiverse 2026 (29–30 May), raising awareness about arthritis, its impact across all ages, and the importance of early diagnosis and support.

Visitors tried our Pom Pom Challenge — using chopsticks to transfer pom poms into egg cartons — a fun way to appreciate that our fine motor skills needed for simple everyday tasks may not come as easy for those with arthritis. Guests also enjoyed gifts sponsored by Matrix Star.

We thank NHG, all who visited, and the Raffles Institution student volunteers who gave their time to support us!



RTICLES

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On-going Programmes



Tai Chi for Healthy Longevity

Turnout at our weekly Tai Chi for Healthy Longevity sessions keeps growing, a sign that seniors and the community are keen to stay active together. We've since expanded across Singapore, adding a new Khoo Teck Puat Hospital location with over 100 sign-ups, our biggest yet, alongside our 4 existing NLB locations and Active Aging Centres.

Free for all members of the public and guided by experienced instructors, our sessions offer a relaxed space to ease into exercise, manage joint health, or simply move alongside others.

Find a venue near you and [register](#) on our website today!



Hydrotherapy @ Happy Fish

NAF's Hydrotherapy Programme, offered twice a week, gives members the chance to move freely, strengthen their joints, and improve mobility through soothing, low-impact exercises in an indoor heated pool.

Beyond the physical benefits, it also creates a warm, supportive space for members to connect, fostering friendship and community.

Highly subsidised rates for a 3-month semester start from under \$10 per session. Ad-hoc drop-in sessions go for \$25 while a one-off trial class is offered at \$20.

Join us today, [sign up](#) on our website!



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Upcoming Events

Eat Better for Greater Energy & MSK-related Conditions

Active Health's Eat Better for Greater Energy & MSK-related Conditions is a one-hour nutrition and cook-along session, to be held on 25 July, focused on helping participants meet their daily protein and calcium needs — key nutrients for strong muscles and healthy bones.

Participants will learn practical ways to boost their intake of both nutrients and overcome common barriers to doing so. Spots are limited, sign up today!



Active Health | **National Arthritis Foundation**

EAT BETTER for GREATER ENERGY & MSK-RELATED CONDITIONS

NOURISH TODAY, MOVE STRONGER TOMORROW!

A 1-hour Active Health nutrition and cook-along session focused on daily protein and calcium needs to support muscle and bone health. Learn practical ways to increase intake, overcome common barriers, and set sustainable nutrition goals.

COOKING ON THE DAY: Tofu Okonomiyaki

FUN COOK-ALONG + NUTRITION TIPS + TAKE HOME YOUR CREATION!

DATE 25 July (Sat)
TIME 10:45am – 11:45am
VENUE 21 Canberra Link, #02-62, Singapore 756973
Active Health Nutrition & Wellness Studio at Bukit Canberra

IN THIS SESSION, YOU WILL:

- Meet your daily protein and calcium needs
- Support stronger bones, muscles and better mobility
- Overcome common nutrition challenges
- Build simple, sustainable healthy eating habits

WHAT TO EXPECT
Nutrition tips + Cook-along (Tofu Okonomiyaki) + Take home your creation!

ALLERGEN INFORMATION
Contains egg, fish, and soy.

PLEASE BRING
A clean, reusable container for taking home your prepared food (helping us reduce waste together!).

USE YOUR ACTIVE CREDITS (if eligible), or **\$10 PER PERSON** (Not using Credits? Pay \$10/person).

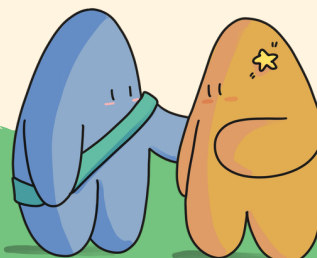
Eat well. Stay active. Live well.

Beautiful Sunday

Our monthly Beautiful Sunday offers members and their families an opportunity to visit musical performances at the Esplanade. This outing allows our members to bond over music appreciation and catch-up with one another. We extend our appreciation to Esplanade Singapore for their continued support towards NAF.



Tickets for August will be out soon!





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PILATES FOR ARTHRITIS

Pilates is a low-impact, gentle exercise that strengthens muscles, improves flexibility, enhances balance and posture, and helps reduce pain and stiffness caused by arthritis.

TIME
11am - 12pm

DATES
Aug 1st, 15, 22
Sept 12, 19, 26

6 SESSIONS STARTING FROM \$12 PER SESSION

ALL LEVELS WELCOME

DROP-IN & TRIAL CLASS AVAILABLE!

NON MEMBER CAN JOIN TOO!

SCAN TO REGISTER!

REDUCES PAIN & STIFFNESS

IMPROVES MOBILITY & FLEXIBILITY

ENHANCES BALANCE & POSTURE

SUPPORTS OVERALL WELL-BEING

LOCATION
Chinatown Point
133 North Bridge Road,
Singapore 179099

Pilates at BodyTree

Designed specifically for individuals living with arthritis using spine corrector barrel this programme emphasises a controlled, low-impact movements that strengthen the core, improve joint stability, enhance flexibility, and support better posture while helping to reduce pain and stiffness. Beyond the physical benefits, Pilates also nurtures balance, body awareness, and overall well-being, offering a holistic practice for both body and mind.

Sign up on our website for our next intake!

Public Health Service

NAF will be participating in the Public Health Screening Event on 22 & 23 August, where we will be offering FREE Arthritis Screening for all attendees.

If you've been experiencing persistent joint pain, stiffness, swelling, or reduced mobility, don't ignore the signs. Our screening allows you to better understand your joint health and learn more about managing arthritis and other musculoskeletal conditions.



SHOW THIS FLYER TO GET TWO TRIES FOR THE LUCKY DRAW!

Public Health Service

FREE HEALTH SCREENING!

Scan here to pre-register now!

The Frontier Community Club S(648346)

22-23 August 2026 8AM - 5PM

FOR SINGAPOREANS AND PRs AGED 40 AND ABOVE.
PLEASE BRING ALONG YOUR NRIC, CHAS CARD, PRESCRIPTION GLASSES AND PERSONAL MEDICATIONS (IF ANY)

Screening modalities:**

- Mental Health
- Dental Health
- Vision Test
- Doctor's Station
- Geriatric Screening
- Women's Education and Screening
- Dietitian's Consult
- Social Services
- Health Exhibition
- ...and more!

FREE LUCKY DRAW + GOODIE BAG!*

* Goodie bags while stocks last!
** MODALITIES ARE SUBJECT TO CHANGES WITHOUT NOTICE. Final determination of eligibility will be made on-site.

For any queries, contact us at nafevents@naf.org.sg | Instagram: [nafevents](https://www.instagram.com/nafevents) | Facebook: [nafevents](https://www.facebook.com/nafevents)



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Upcoming Events



NAF Gala Dinner 2026

Our flagship fundraiser, the NAF Charity Gala Dinner, will be taking place on 18 September 2026 at JW Marriott Hotel Singapore. Join us for an evening of intriguing entertainment and fine dining.

The event will be graced by Mr Dinesh Vasu Dash - Minister of State, Ministry of Culture, Community and Youth, and Minister of Manpower.

Special table packages and individual seats are now available! For enquiries, reach out to us via email at info@naf.org.sg



Spin Bike & Strength Training Exercise

Join us for our *Spin Bike + Strength Training for Arthritis Trial Session* and discover how the right exercises can help you stay active, build strength, and support healthier joints.

Whether you're new to exercise or looking for a safe and effective way to stay active, this trial session is designed to help you move with confidence. [Register](#) now on our website.



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Stay Connected!

Lifetime Membership



NAF
LIFETIME MEMBERSHIP

Be a member, meet other members. In addition to your exclusive lifetime membership privileges, you can receive community support while being a pillar of strength for others too!



Subsidised Physiotherapy

Subsidised Physiotherapy



from just



Home Physio

- ★ Convenience at your doorstep
- ★ Experience difficulty travelling to a clinic
- ★ Unable to take time off for in-clinic physiotherapy



In-clinic Physio

- ★ Better access to specialised equipment to aid in sessions
- ★ Quicker access to address urgent pain
- ★ Multiple convenient locations islandwide

Book Now

Drop us an email at info@naf.org.sg for any enquiries.

Connect with us!



naf.org.sg



info@naf.org.sg



+65 6227 9726



Support our cause!



UEN: S84SS0010J

Scan with your mobile banking app to make a donation!

(Indicate NRIC/UEN in remarks for tax deduction.)

