

From Struggles to Strength: Living life with AS



When his lower back pain first struck in 2018, 41-year-old Yanto had thought that it was just another ache that would pass. However, the pain persisted and amplified, reaching the extent where simple, everyday actions such as getting out of bed or turning became a struggle. After months of uncertainty, he was officially diagnosed with Ankylosing Spondylitis (AS) in January 2019.

As an active individual who enjoys playing sports like tennis, badminton, table tennis and bowling, AS left him with no choice but to trade them for gentler exercises like swimming, which is kinder to his back.

Yanto soon discovered that AS had a significant impact on his daily life. There were days where his hands and legs would get swollen, and his lower back would be radiating with pain. After the diagnosis, he was unable to engage with his favourite sports as often as he used to, which even led to weight gain. In addition, he found it challenging having to balance his career as a polytechnic lecturer, showing up as a father to two children, and managing his health.

Having to live with AS, Yanto started searching for ways to help cope better with his chronic condition. That was when he got to know of NAF's hydrotherapy programme. "The weekly sessions in the indoor heated pool helps to relieve pain in my joints and increases my range of movements," he shares.

Yanto reveals that the love of his family is one of the most important factors that helps him navigate through his disease journey. Living with AS is not one without challenges, but with a positive mindset, targeted treatments, and a strong support network, it can still be a life lived with much purpose and joy.

On-going Programmes



A Healthier Workplace for Improved Productivity

National Arthritis Foundation has been actively bringing wellness into the workplace through our corporate wellness workshops with various companies. These sessions equip employees with practical knowledge on office ergonomics, simple stretches, and exercises to prevent common workplace-related injuries, leading to more productive workplaces! By promoting healthy habits at work, we aim to help individuals safeguard their joint health and maintain mobility for a lifetime.

Building on the success of these collaborations, we welcome more organisations to join us in creating healthier workplaces and empowering employees to stay active for life.

Reach out to us at info@naf.org.sg to bring our corporate workshops to your office.

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On-going Programmes



Flow into Better Health with Hydrotherapy

Our popular Hydrotherapy Class is now heading into its 3rd & 4th run in October, with weekly classes on Mondays and Wednesdays! Specially designed for people living with arthritis, hydrotherapy uses the buoyancy and warmth of water to reduce joint stress, ease stiffness, and improve flexibility and strength.

Many participants have shared how energised and encouraged they feel after each session. Don't miss out — spots fill up quickly, so register today and experience the benefits of hydrotherapy for yourself!

Sign up [**HERE**](#) today!

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On-going Programmes



In-Clinic Service at Novena



Home Physiotherapy

Affordable Rehabilitative Therapy

NAF's highly Subsidised Physiotherapy Programme prioritises the needs of our community by ensuring that everyone has access to the treatment they need for better mobility and quality of life. Our experienced therapists provide customised therapy sessions suitable for rehabilitation and long-term maintenance, with the option of home-based therapy for greater convenience or in-clinic sessions for focused support.

Start your journey to better mobility with prices starting from only \$24 for NAF's members. Book your appointment **[HERE!](#)**

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Event Highlights



A Pizza Party to Remember

On 28 June 2025, NAF hosted a fun-filled parent-child bonding session at Pizza Hut outlet at Harbourfront Centre, attended by 19 members. Over 1.5 hours, families enjoyed making their very own Chicken Supreme pizzas, creating lasting memories together. Each child received a goodie bag and a pizza-making certificate to take home. We extend our heartfelt thanks to Pizza Hut for their generous support in making this event a success.

Interested to join such events, but not a member yet? Sign up [**HERE**](#) for a lifetime membership at the promotional rate of just \$20!



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Event Highlights



Falls Prevention Talk @ Central Library

On 7 July 2025, we hosted a Falls Prevention talk for seniors at the Central Public Library. Our expert physiotherapist led an engaging session, sharing valuable tips on preventing falls, while also guiding attendees through stretching and strengthening exercises. Participants left with practical exercises and techniques they could easily incorporate into their daily routines to improve balance and mobility.



Patient Sharing Session

At NAF, we believe in the power of shared experiences. Our Patient Sharing Sessions provide a safe, welcoming space where individuals can come together to share their personal journeys with arthritis. These small-group sessions foster a sense of community and support, allowing participants to connect, learn, and encourage each other along the way.

Our most recent session, held on 19 July 2025, was a meaningful opportunity for patients to rally around one another, share valuable insights, and strengthen the collective spirit of resilience. We look forward to continuing these sessions and building a supportive network for all who are navigating their arthritis journey.

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Event Highlights



Rosyth Primary School Outreach

Over the three days from 16th to 18th July 2025, NAF paid Rosyth Primary School a visit as part of our outreach programme, "Kindness Begins with Me". Students not only were informed about how arthritis could even affect children, but also took part in a heart-themed activity, penning kind and supportive messages for both patients and our donors. This initiative was a heartwarming success, spreading warmth and encouragement through the messages crafted, spreading encouragement and compassion to the arthritis community.



Keppel Golf Clinic

We are incredibly grateful to Keppel Golf Club for their generous Corporate Social Responsibility (CSR) initiative, which recently invited charities to experience a day of golf with their beneficiaries. This special event, held in conjunction with the Keppel Charity Golf 2025, saw NAF beneficiaries gathering at Keppel Club on 31st July 2025 to try their hand at the driving range, putting green and even explore the club's state-of-the-art golf simulator. It was a day filled with fun, laughter, and the opportunity to create lasting memories, all while introducing a new sport to those who may not have had the chance to experience it otherwise. A big thank you to Keppel Golf Club for their support and commitment to making a positive impact in our community!

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Event Highlights



Public Health Screening 2025

Over the weekend of 16th and 17th August 2025, NAF participated as an exhibitor of the Public Health Screening held at Jurong Medical Centre. With arthritis being a common condition in Singapore, especially among older adults, early awareness and preventive exercises are key. NAF played an important role in raising awareness and educating about the different types of arthritis, sharing useful resources to better understand and manage the condition.

With arthritis being a prevalent condition in Singapore, particularly among older adults, our presence at this event allowed us to raise awareness about early diagnosis, disease prevention, and the importance of exercises to manage arthritis.

NAF played a key role in educating the community on the different types of arthritis, providing valuable resources, and offering guidance on how to better understand and manage the condition. It was a meaningful opportunity to connect with individuals and empower them to take charge of their health.

Keen to find out more? Explore our disease information leaflets [**HERE!**](#)

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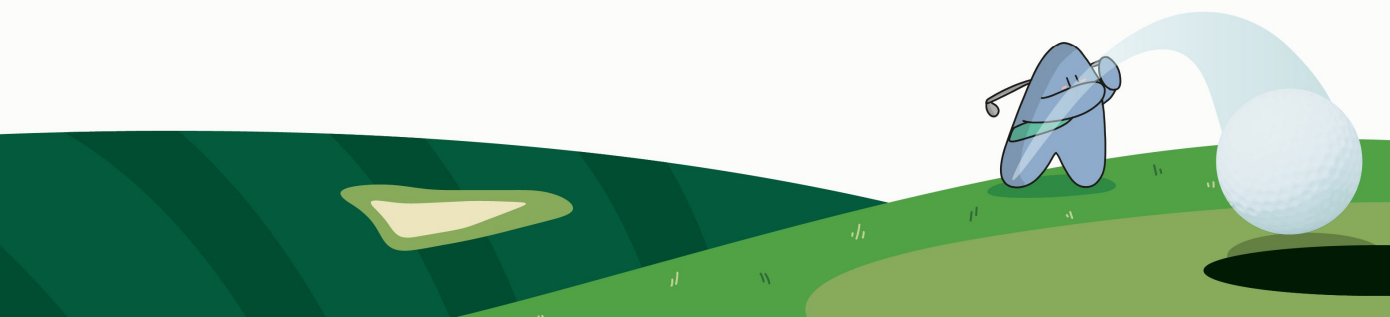
Event Highlights



NAF Charity Golf 2025 @ TMCC

On 21 August 2025, NAF hosted its Charity Golf at the stunning Tanah Merah Country Club Tampines course, where 128 golfers came together in support of our cause. Participants took part in exciting individual and team contests, and everyone took their best swing in an attempt to grab the “Hole-in-One” prize – a BMW i5. Thanks to the generosity of our golfers and donors, and with the government’s dollar-for-dollar matching, we successfully raised over \$485,000 to fund NAF’s ongoing programmes aimed at improving the quality of life for the arthritis community.

We would like to express our heartfelt appreciation to all our donors and sponsors for their generous support, making this fundraiser a resounding success!



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Event Highlights



Keppel Charity Golf 2025

Over two consecutive weekends from 30th to 31st August and 6th to 7th September, the Keppel Charity Golf raised a total of \$1.5 million this year for 17 benefitting charities. NAF is grateful to have been selected as one of the beneficiaries again, receiving \$88,000 from the event.



NAF set up a booth at the rest area, where we engaged with golfers, shared more about arthritis, and highlighted our programmes that support patients in the community. Through this outreach, we were able to raise awareness of our mission and the impact of our work in improving mobility and quality of life.

Special thanks goes out to Keppel Club for their hard work in putting up a fabulous event, and hitting their fundraising target to help the beneficiaries.



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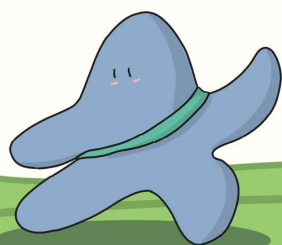
Event Highlights



Tai Chi for Healthy Longevity in the Community

Stay active and improve your wellbeing with our Tai Chi for Healthy Longevity programme, led by specially trained Tai Chi for Arthritis instructors. The sessions focus on gentle moves that build balance, strength, and flexibility, with a seated option available for frailer participants. Classes are held at various locations islandwide, including selected National Library branches.

Find a venue near you and register [**HERE**](#) today!



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Upcoming Events & Programmes



Pilates for Arthritis
with National Arthritis Foundation

Specially designed for arthritis patients, pilates improves flexibility, strengthen muscles and eases stiffness. Pilates encourages mindful movement which includes focused breathing and concentration, contributing to mental well-being by reducing stress.

Location: China Town Police 133 New Bridge Road

Date: 4 October 2025, Saturday

Time: 6 P.M. to 7.30 P.M.

Sign up for a trial class for only \$15/pax
Open to everyone only.
Booked classes to follow for keen participants

*Minimum 3 sign ups required. Limited slots available.
For further enquiries, contact us at info@naf.org.sg

Sign up now!

Pilates for Arthritis: Vitality & Motion

Our upcoming trial pilates class is fully booked! Thank you for the overwhelming response. Interested, but unable to secure a spot? You can still be part of the full Pilates Arthritis programme, designed to ease stiffness, strengthen joints and restore confidence in everyday life.

For any queries, feel free to contact us at info@naf.org.sg.

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Upcoming Events & Programmes

Want to Move with Purpose?

Join Our

Yoga  for Arthritis

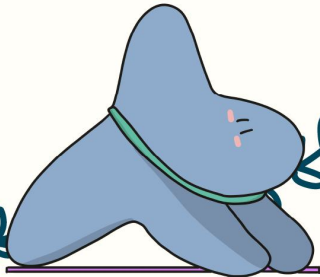
from just **\$6/class** (U.P. \$20/class)

🕒 2.30pm — 3.30pm, every Saturday (Starts 11 Oct 2025)

📍 180B Bencoolen St, The Bencoolen, Singapore 189648
Nearest MRT Station: Rochor MRT Station

***Minimum 3 attendees to start.**

Sign Up Now!



Yoga for Arthritis: Move with Purpose

Discover the calming benefits of yoga for arthritis where we move with purpose through stretches tailored to ease stiffness, improve flexibility and promote relaxation. Join this program to uncover a new version of you – a healthier and happier mind and body, with NAF.

Sign up **[HERE](#)** today!

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Upcoming Events & Programmes



Connect with afternoon tea after a musical-filled afternoon @ Esplanade – Theatres by the Bay

Beautiful Sunday

In conjunction with:

World Arthritis Day

Date: 12 October 2025, Saturday
Venue: Esplanade – Theatres by the Bay
Time: 1.40 P.M.

[Sign up now!](#)

Brought to you by:  National Arthritis Foundation

Supported by: **Esplanade – Theatres by the Bay**



Beautiful Sunday at Esplanade

Gather as a NAF community for Beautiful Sunday to commemorate World Arthritis Day at Esplanade on Saturday, 12 October 2025. Sit back and relax as you enjoy a performance by Mus'Art Youth Wind Orchestra, "It's a Kind of Magic". After the performance, connect with other NAF members over afternoon tea.

Get your complimentary tickets today*! Limited slots available.
Sign up [HERE!](#)

*Free tea session after the performance included.

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Upcoming Events & Programmes



JIA Day at Singapore Zoo

Happening on 29 November 2025, JIA Day this year will feature educational workshops for parents and caregivers, and games to entertain the children. The event will be held at the Singapore Zoo from 9am to noon. Participants will then be presented with complimentary entry tickets to explore the zoo at their own leisure.

Sign up for JIA Day at this link [**HERE!**](#)

News

Lifetime Membership at only \$20!

NAF 40th Anniversary membership promotion has been extended for another year! New members can access exciting activities, support group sessions, educational workshops, and subsidised programmes like physiotherapy, hydrotherapy and exercise sessions. Don't miss out, sign up [HERE](#) for our lifetime membership today for only \$20!

Volunteer and Make a Difference!

Looking to give back and make a difference? Come join us as a volunteer! Whether it's helping at our wellness programmes, supporting our community events, or simply lending a helping hand, there's always a meaningful way to get involved. It's a great opportunity to meet new people, learn new skills, and be part of something bigger. We'd love to have you on board! Click [HERE](#) to join!



Connect with Us!

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@nafsingapore

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UEN: S84SS0010J

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