

HEALTH ALERT

Take precautions provided by Ministry of Health

WellBeing

Bone Health

As we age just like our skin our bones age taking early precautions and care helps to keep them healthy.

Exercise

Taking regular exercises, right tips for longevity and special workout plans for heart health.

Oral Health

Regular dentals check-ups at least every 6 months are recommended, along with tips for oral hygiene.

Child Health

Unlike adults children are vulnerable, guidance on how to keep your child's health till maturity.

Mental Health

Guidance on how to feel mentally and emotionally healthy, better you are better is it for the rest of us.

Addiction Support

Somethings we isn't healthy for us, find out the benefits of reducing activity on bad habits to you health.