

Housing Channel

Title: "Healthy Ageing in PRH Estates x Stay Active At Home" - Introduction

Super

The Housing Authority joined hands with the Department of Health

to introduce to you the "Stay Active at Home" video series

The series contains seven sets of home-based exercises designed by physiotherapists for improving physical conditions

Let's get moving!

Want to follow? Find the poster displayed at the lift lobby and scan the QR codes to watch the full versions. Let's get moving!