

BONDING THE PEOPLE



Can kick or not? More than 500 youngsters, some of them girls, are being taught by professionals how to play football by Central Singapore CDC's corporate partners. It is part of the CDC's Freekicks programme. The kids pay a nominal sum.



Get fit for free: Office workers, housewives and even children turn up at the weekly hour-long sessions under the Fitness@Work programme, held at four venues – Toa Payoh, National Library, River Promenade and Ang Mo Kio.

