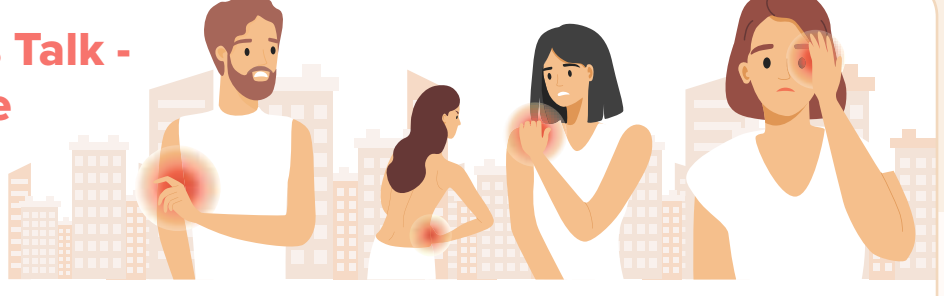


## Health & Safety Talks and Workshops

### Chronic Pain & Stress Talk - By Maheen and Angie

7 Oct, 12pm - 1pm  
@ Codon, L5 Matrix, BP



Prolonged stress affects pain management and injury recovery by increasing muscle tension, inflammation, and disrupting sleep. This talk will equip you with practical stress management and healing techniques such as mindful breathing, self-muscle release, and other activities and exercises that have therapeutic effects.



**Maheen** is a physiotherapist with a BSc (Hons) from King's College London. After relocating to Singapore in 2012, she initially worked in rehabilitation, focusing on neurological and musculoskeletal outpatient care. She transitioned to the private sector to specialise in musculoskeletal and sports injuries. She adopts a holistic approach which combines manual techniques and personalised exercises. She is also trained in Reformer Pilates and trigger point dry needling.



**Angie** is an experienced yoga instructor and teacher trainer who specialises in Vinyasa. She emphasises anatomy, biomechanics, and functional alignment in her practice. She focuses on foundational poses as a safe path to advanced postures and promotes yoga as an inclusive practice for injury prevention and rehabilitation. Angie teaches Hatha, Vinyasa, Yin Yang, Prenatal, Post-Partum, and Mums and Bubs classes.

### Preventing Repetitive Stress Injuries: Understanding and Managing Tendon-Related Issues Talk - By Daniel

9 Oct, 12pm - 1pm @ Online, Zoom



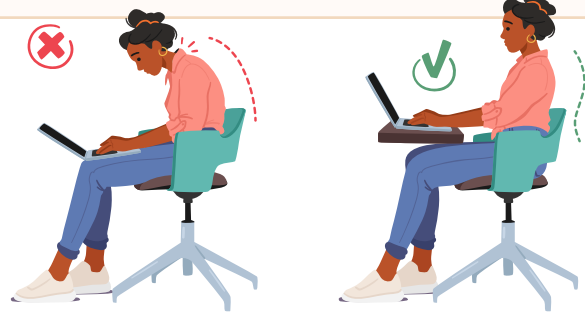
This talk covers common tendon-related injuries caused by repetitive movements like typing and laboratory work. Learn how these injuries develop and understand prevention strategies such as ergonomic adjustments, proper posture, and work habits to reduce strain. Be empowered to maintain long term musculoskeletal health at work through these recovery strategies.



**Daniel** began his career as a physiotherapist at Changi General Hospital, where he gained extensive experience working in cardiopulmonary, orthopaedic, geriatric, neurological, and musculoskeletal rehabilitation, including pre- and post-operative care. As a triathlete and weightlifter, his personal journey with injury drives his passion for helping others recover and reach their full potential. He uses a holistic, evidence-based approach combined with first principles thinking to enhance patients' quality of life and recovery.

### We Like to Move it Move it Talk - By Isaac

11 Oct, 12-1pm @ Infuse Theatre, L14 Connexis South, FP1



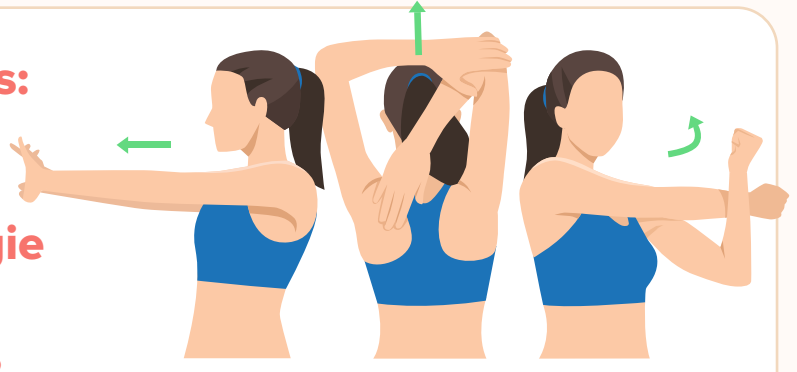
Neck and back pain from prolonged sitting and poor posture are common issues for desk-bound professionals. This talk teaches you actionable tips and easy exercises to boost spinal health and create a healthier work routine. Discover how to incorporate simple exercises to relieve tension, improve posture, and prevent discomfort into your day.



**Isaac** is a physiotherapist who specialises in musculoskeletal and post-surgical rehabilitation. He was trained by veteran physiotherapists and has experience working with Australian football and rugby clubs. He creates personalised treatment plans with an emphasis on patient education, using strengthening exercises, manual therapy, and dry needling for long-lasting results. Outside the clinic, Isaac enjoys boxing, HIIT, running, badminton, and experimental cooking.

### Happy Muscles, Happy Joints: Understanding & Managing Everyday Aches & Pains Workshop - By Kajal and Angie

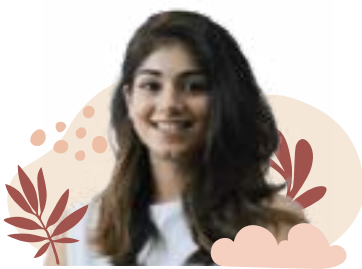
10 Oct, 3 -4:30pm @ Multi-purpose Hall 2, L1 Innovis, FP2



Uncover the common causes of everyday aches and pains, from sedentary habits to repetitive motions. Through interactive discussions and demonstrations, you'll discover effective strategies to prevent and manage discomfort, including stretches, self-massage techniques, and bodyweight exercises. A guided mindful mobility routine will also be introduced to enhance flexibility and joint health, supporting you in maintaining a pain-free, active lifestyle.

#### Essentials

- Wear comfortable and stretchable attire
- Bring a yoga mat or thick towel to lie on for hygiene
- A bottle of water to hydrate
- Sessions are held in-person and limited to 30 slots



**Kajal** holds a Bachelor of Science in Physiotherapy from Curtin University and specialises in post-surgery and sports-related musculoskeletal injuries. With a holistic approach to care, she emphasizes positive rehabilitation and patient education. Trained in Merrithew STOTT Pilates, Kajal integrates these techniques into her practice. Her sports background enhances her expertise in athletic rehabilitation, and she remains committed to ongoing professional development.



**Angie** is an experienced yoga instructor and teacher trainer who specialises in Vinyasa. She emphasises anatomy, biomechanics, and functional alignment in her practice. She focuses on foundational poses as a safe path to advanced postures and promotes yoga as an inclusive practice for injury prevention and rehabilitation. Angie teaches Hatha, Vinyasa, Yin Yang, Prenatal, Post-Partum, and Mums and Bubs classes.

### Pilates Workshop - By Kajal

11 Oct, 3-4pm @ Infuse Theatre, L14 Connexis South, FP1



Join us for a mat-based Pilates class designed to boost your core strength, flexibility, and overall body awareness. Through controlled movements and precise muscle engagement, you'll enhance your posture, balance, and endurance while enjoying a low-impact workout suitable for all fitness levels. Each exercise is carefully crafted to ensure proper alignment and technique. Feel stronger, balanced, and energised.

#### Essentials

- Wear comfortable and stretchable attire
- Bring a yoga mat or thick towel to lie on for hygiene
- A bottle of water to hydrate
- Sessions are held in-person and limited to 30 slots



**Kajal** holds a Bachelor of Science in Physiotherapy from Curtin University and specialises in post-surgery and sports-related musculoskeletal injuries. With a holistic approach to care, she emphasizes positive rehabilitation and patient education. Trained in Merrithew STOTT Pilates, Kajal integrates these techniques into her practice. Her sports background enhances her expertise in athletic rehabilitation, and she remains committed to ongoing professional development.

[Book a Session](#)



As part of the social aspect of Sustainability Month, we dedicate a week of activities that bolster wellbeing, to remind us to care for ourselves so we can go the distance and be there for A\*STAR and family. The A\*STAR Mental Health & Wellness Week is co-organised by SpIA OSH and Infuse in celebration of World Mental Health Day held on 10 October.

