

HEALTHY PROGRAM 2024

**ENHANCE AWARENESS
AMONG EMPLOYEES
REGARDING THEIR HEALTH**



ALPHA INDUSTRIES SDN BHD

HEALTH AWARENESS

ROUTINE



STRETCHES



MONTHLY

HEALTHY POSTER



ZUMBA



EVERY 2 WEEK

HEALTHY ACTIVITY

FUN RUN



3X PER YEAR



HEALTHY TALK

5 TOPICS

OBJECTIVE : CONDUCTING A WELLNESS CAMPAIGN TO ENHANCE AWARENESS AMONG EMPLOYEES REGARDING THEIR HEALTH.

HEALTHY QUIZZES

SEPTEMBER – NOVEMBER



YEARLY MEDICAL CHECK-UP



NOVEMBER

NOVEMBER – DECEMBER



MEDICAL CHECK-UP DATA ANALYSIS

HEALTHY TALK Mental Health Awareness



BE KIND TO YOUR MIND.
LET'S JOIN THE SESSION.

DATE : 28TH MAY 2024

DAY : TUESDAY

VENUE : OBEYA ROOM

TIME : 08.30AM - 09.30AM

INVITED : PSYCHOLOGIST

PRESENT BY : DAYANG NURSYAZANA

FROM : HOSPITAL PENAWAR PASING GUDANG



BROUGHT TO YOU BY ALPHA INDUSTRIES SDN BHD



Healthy Talk
"Mental Health
Awareness"
on 28th May 2024





HEALTHY TALK TIPS TO MANAGE YOUR STRESS

KNOW HOW TO DEAL WITH YOUR STRESS
LET'S JOIN THE SESSION.

DATE : 24TH JUNE 2024

DAY : MONDAY

TIME : 08.30AM - 09.30AM

VENUE : OBEYA ROOM



INVITED : PSYCHOLOGIST

PRESENT BY : DAYANG NURSYAZANA

FROM : HOSPITAL PENAWAR
PASIR GUDANG

BROUGHT TO YOU BY ALPHA INDUSTRIES SDN BHD

Healthy Talk
"Tips To Manage
Your Stress" on
24th June 2024

HEALTHY TALK

LET'S TALK ABOUT DEMENTIA

Let's Join The Session



DATE : 16TH JULY 2024 (TUESDAY)

TIME : 08.30AM - 09.30AM

VENUE : OBEYA ROOM

DOCTOR SABIQ BIN MD JALAL FAHMEY

KLINIK APM



Healthy Talk "Dementia" on 16th July 2024. Session start with assessment from doctor to identify Dementia symptoms from the audience. The session end with Online Live quiz conducted by the Doctor.

Thank You

