

you've got this!

Colours of the Mind



Parents and Children aged 7-12 years old

Through this parent workshop, participants will learn the knowledge and skills to better communicate with their children and take control of their personal wellbeing through interactive activities.

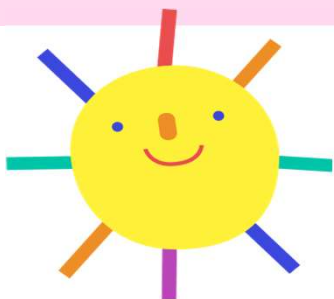
The workshop focuses on three domains;
Positive Functioning, Emotional Intelligence,
Social Intelligence.



Download the H365 App to register for the following dates with these partner codes:

DATES	Time	PARTNER CODE*
Monday, 11 Jul 2022 (10-12yrs old)	12pm – 1pm	b3574
Tuesday, 12 Jul 2022 (7-9 yrs old)	12pm – 1pm	g2013
Wednesday, 13 Jul 2022 (10-12 yrs old)	12pm – 1pm	H2888
Thursday, 14 Jul 2022 (7-9 yrs old)	12pm – 1pm	U0743

**You will only be able to use these partner codes to view and book these sessions on the H365 app up to 28 days in advance. (E.g. an event on 28 May will only be available from 1 May). Please note that the codes are case sensitive.*



Duration: 60 minutes

Platform: Zoom

Cost: Free

Send enquiries to: schools@hpb.gov.sg

Brought to you by:

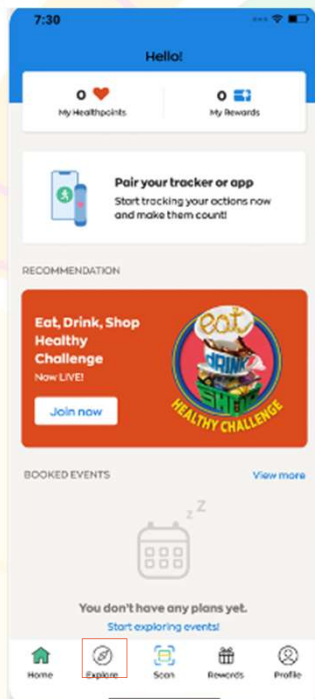


you've got this!

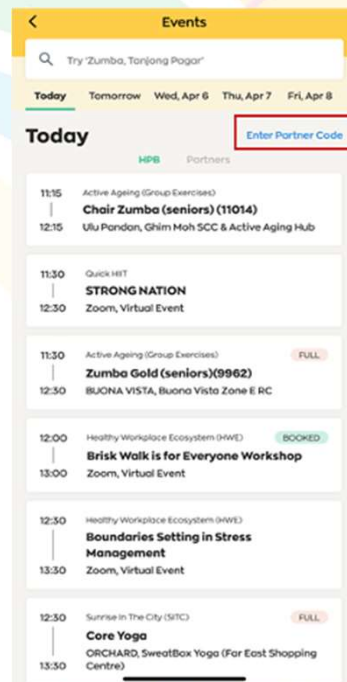


HOW TO REGISTER

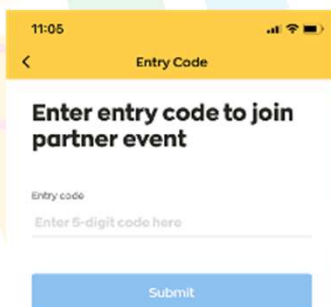
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Step 2: Click on Events and then "Enter Partner Code"



Step 3: Enter Partner Code to join partner events



Step 4: Tap on "Book now" to register for event



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A5: If you are unable to attend a booked session, you may cancel your booking in the H365 app.



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HEALTHY EATING, ACTIVE LIVING (HEAL)

A WORKSHOP FOR PARENTS, GRANDPARENTS & CAREGIVERS OF CHILDREN 7-12 YEARS OLD

Have you had the following concerns?

- My little picky eater: How do I get my child to try different foods?
- When eating out, how do I choose healthier options for my child?
- How do I make smart food choices with my child when meal planning?
 - As a busy parent, how I be active with my child at home?

Get your questions answered in this workshop!

DURATION: 60 MINUTES

Platform: Zoom

Cost: Free-of-charge



Download the H365 App to register for the following dates with these partner codes:

Dates	Time	PARTNER CODE*
Tuesday, 19 Jul 2022	12pm – 1pm	i0265
Thursday, 21 Jul 2022	12pm – 1pm	c4483

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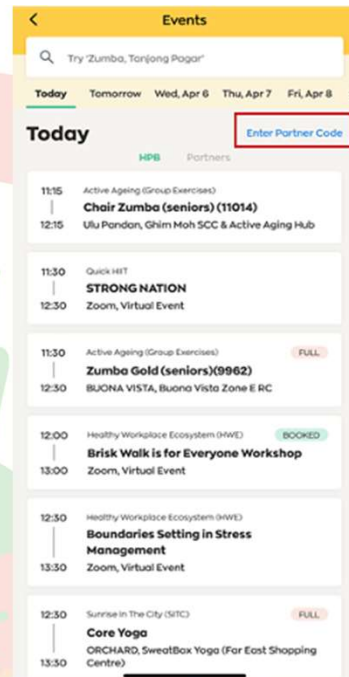
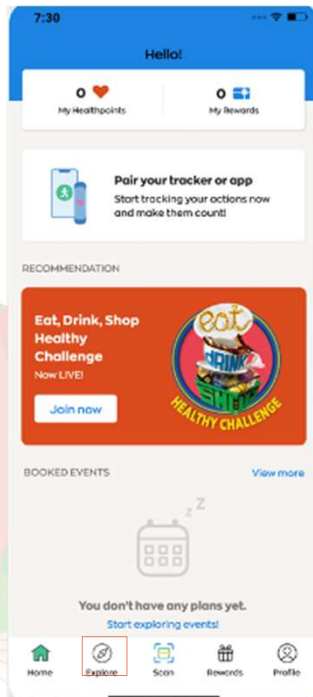
you've got this!

HOW TO REGISTER

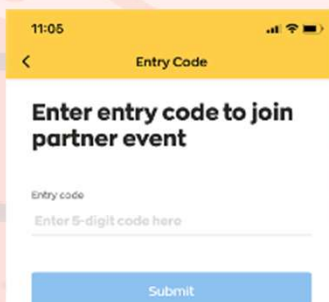
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and click explore



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"Enter Partner Code"



Step 3: Enter Partner Code
to join partner events



Step 4: Tap on "Book now"
to register for event



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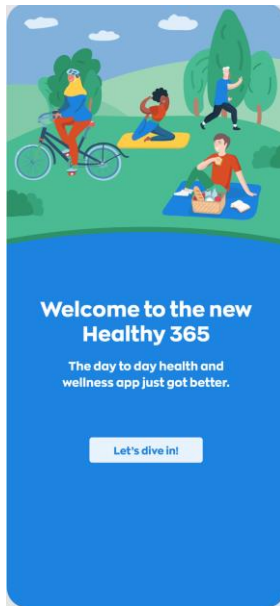
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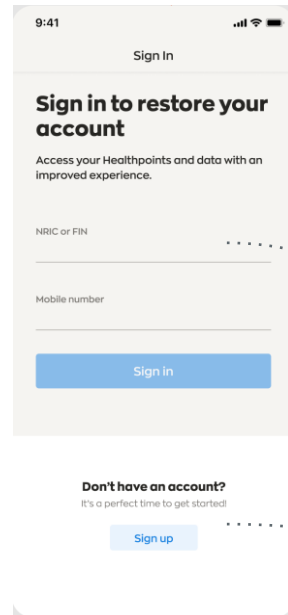


GETTING STARTED

Sign In or Sign Up

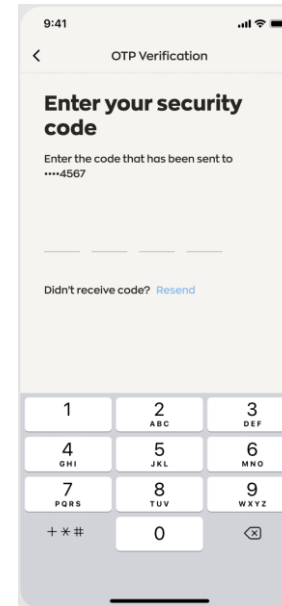


Download (or update your current Healthy 365 app to) the latest version.
**Minimum OS requirement: Android 6 and iOS 10.*

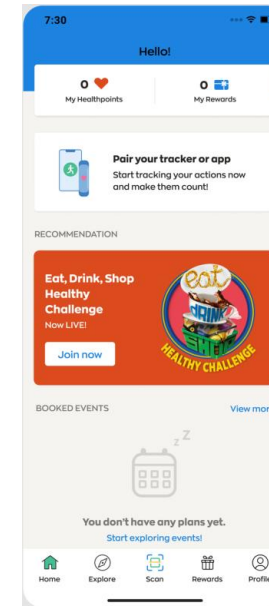


If you are an existing user, sign in here.

If you are new to Healthy 365, sign up here.

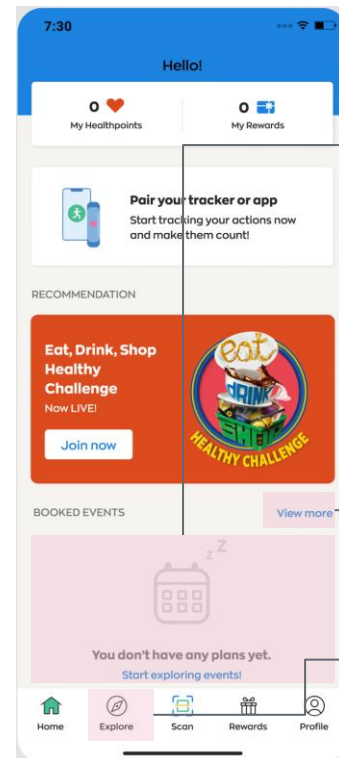


Enter the 4 digit OTP that will be sent via SMS to the mobile phone number indicated in the user's account.



GETTING STARTED

Your Dashboard

**Upcoming Event**

Shows your upcoming booked events.

Full Schedule of Events

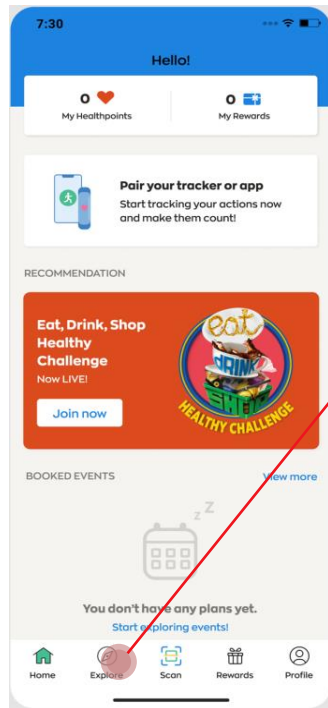
Tap here to view all your booked events, including upcoming and past events.

Explore Events

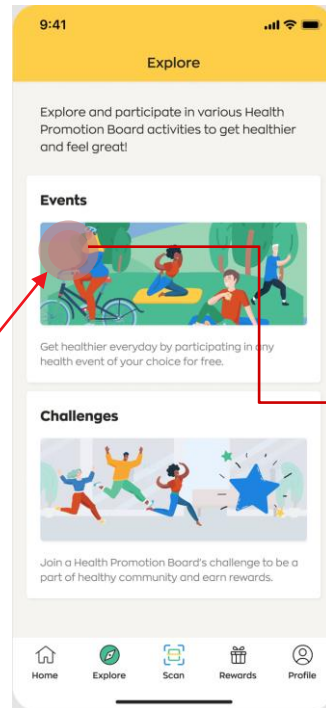
Search for and book your favorite events here.

EXPLORING EVENTS

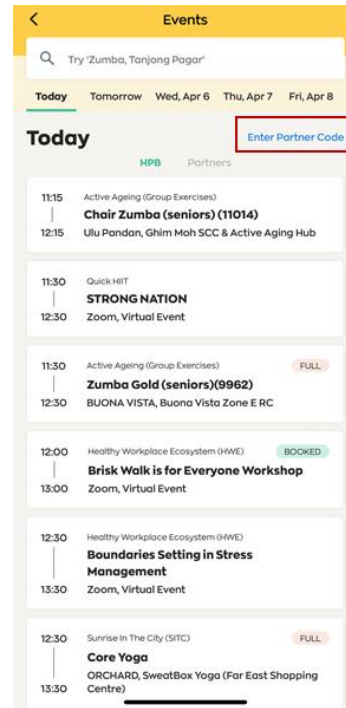
Events Listing: Partner Events



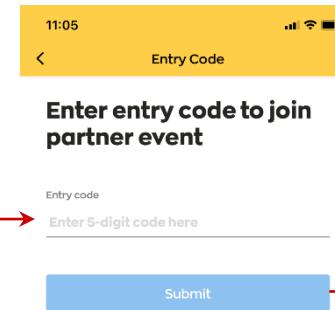
Tap on "Explore"



Tap on "Events"



Tap on "Enter Partner Code"



Enter the partner code that has been provided to you here to join private partner events



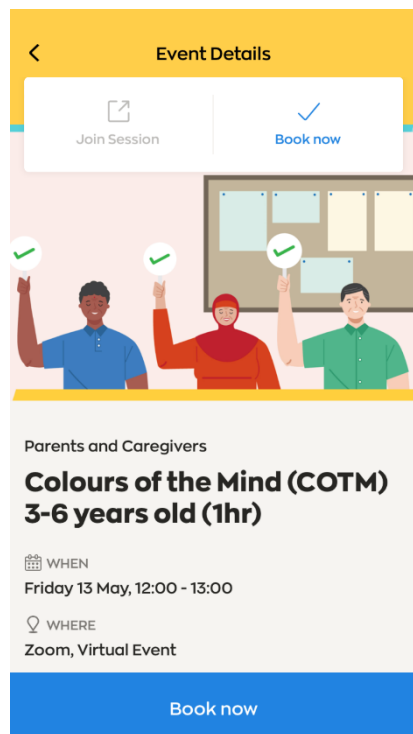
View details of the event

Note: Participants will only be able to view and book events up to 28 days in advance. (E.g. an event on 28 May will only be available from 1 May)

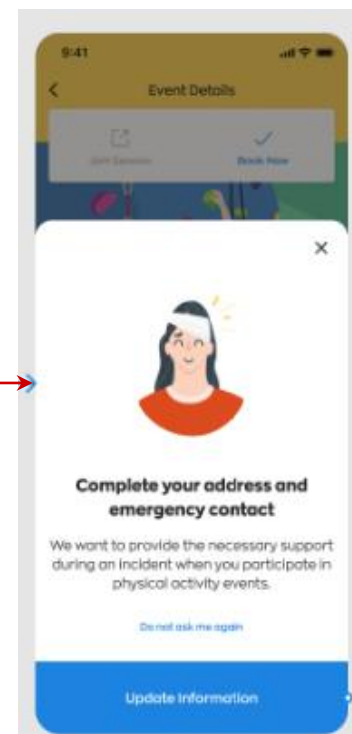
EVENTS BOOKING

How to book an event

1/2



Tap on "Book now"

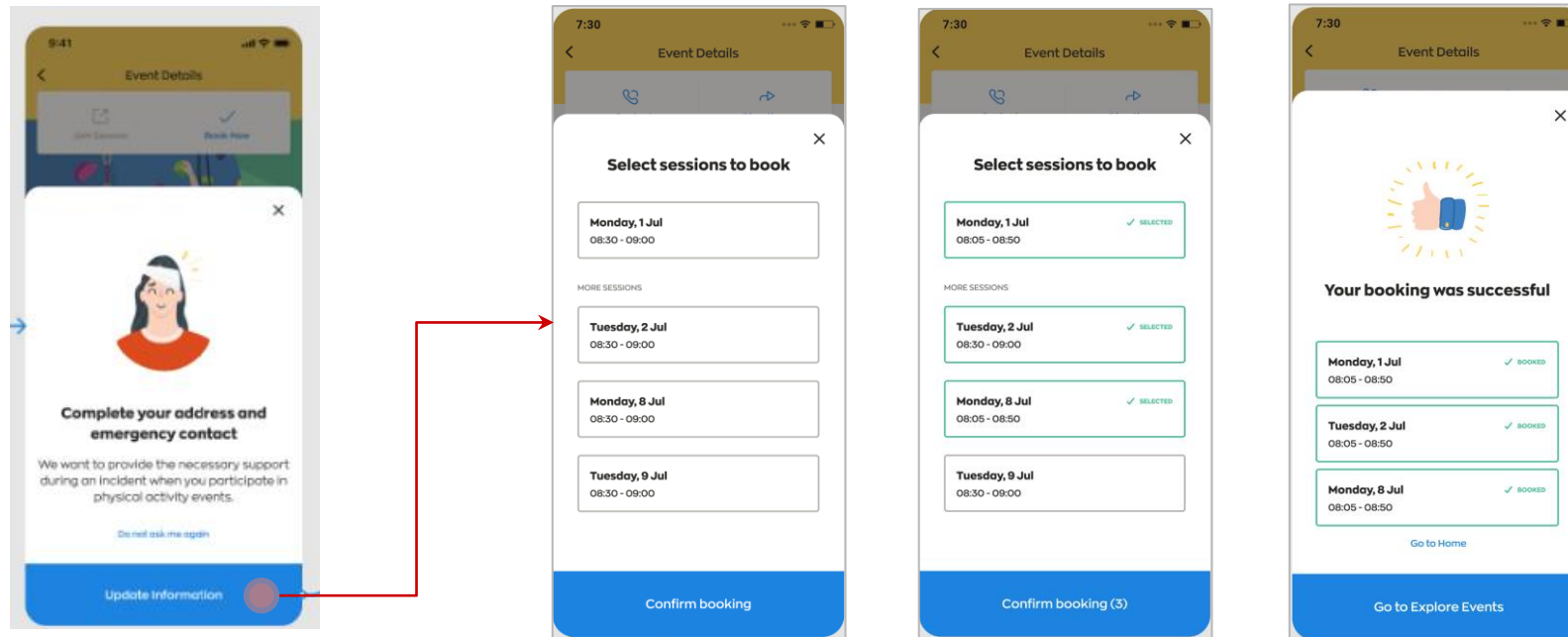


You may be prompted to update your Emergency Contact (optional) before you can proceed

EVENTS BOOKING

How to book an event

2/2



After updating your Emergency Contact, you may proceed to confirm your session booking.

Select your preferred session

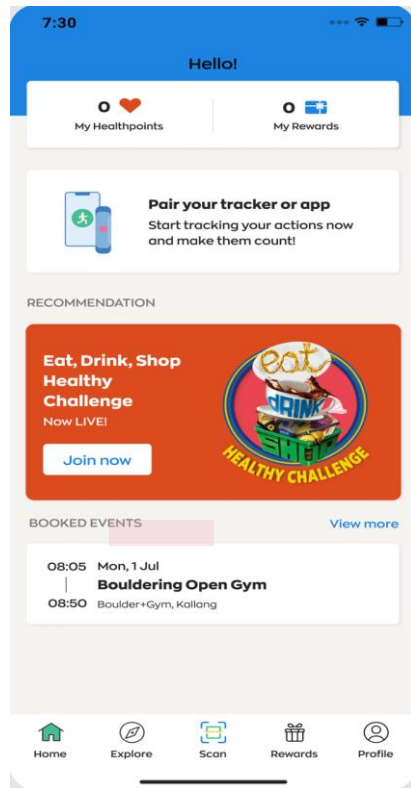
Tap on "Confirm Booking"

You have successfully booked the event

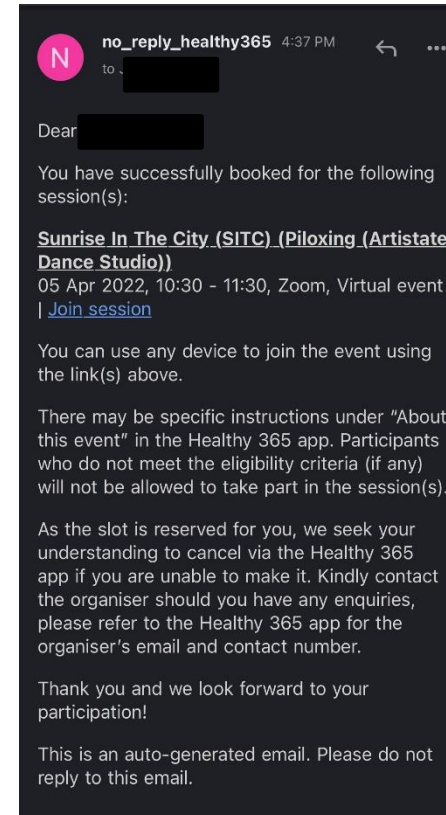
Participants will only be able to view sessions up to 28 days in advance, and make 8 advance bookings in total

EVENTS BOOKING

Booking confirmation



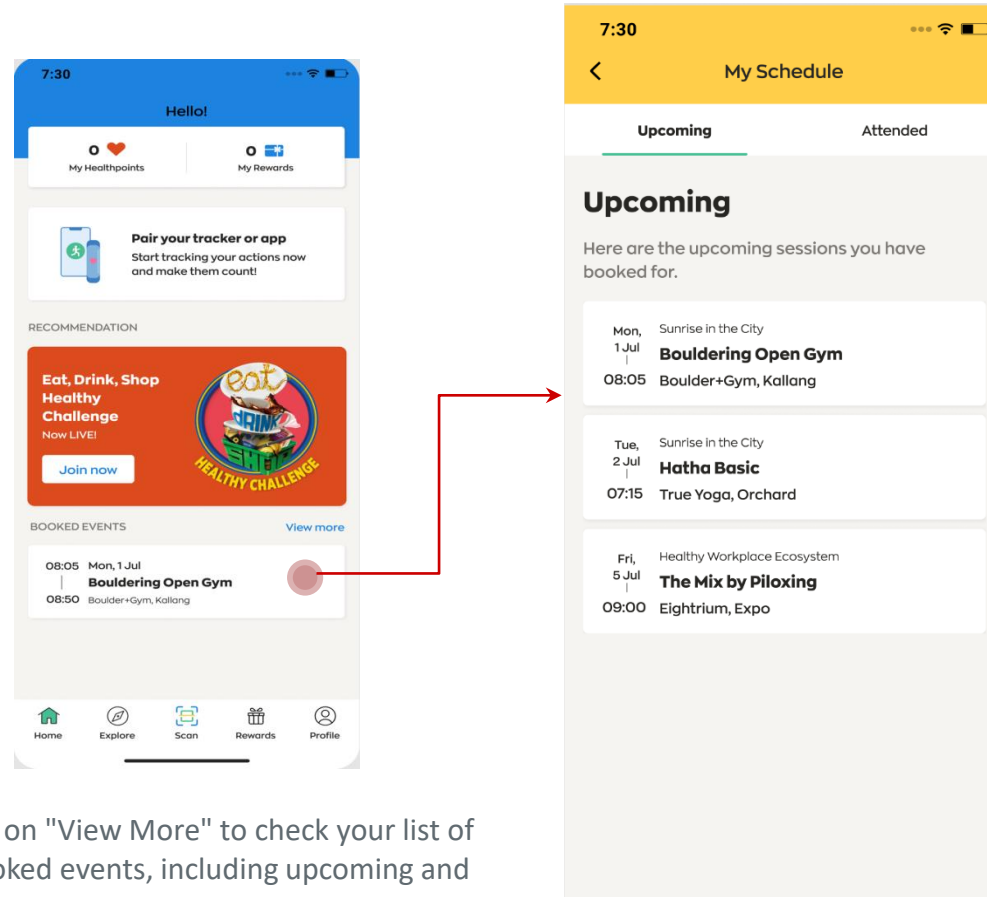
Your booked event will be reflected under "Booked Events" section on home page.



A confirmation email will be sent to you.

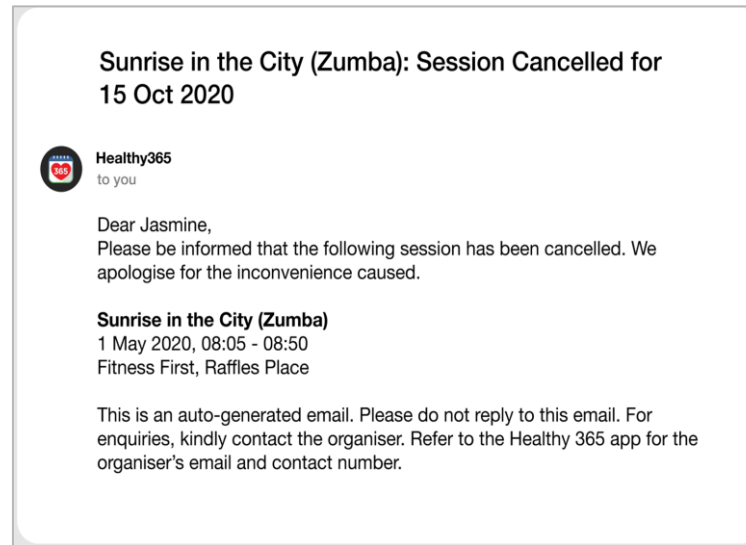
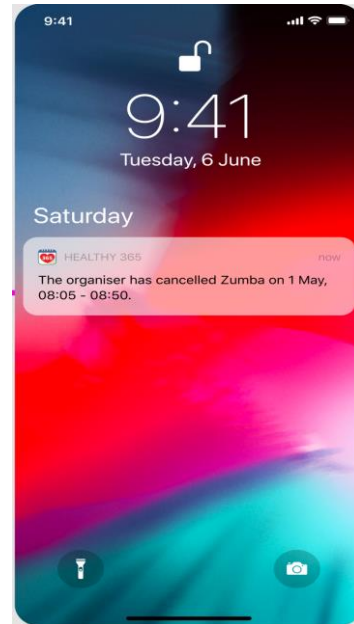
BOOKING SESSIONS

View your booked events



BOOKING SESSIONS

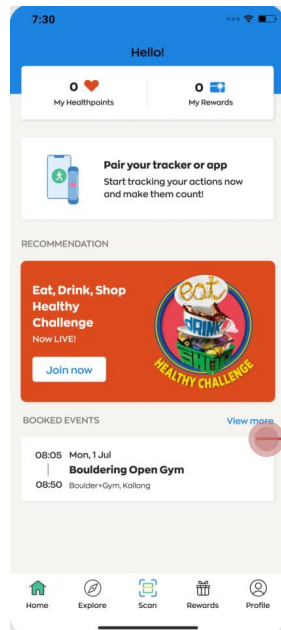
Update on event changes



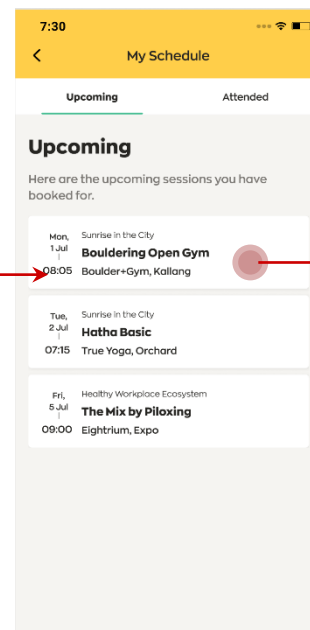
If your booked event is cancelled or has a change in location, you will receive a push notification and email in advance.

EVENT CANCELLATION

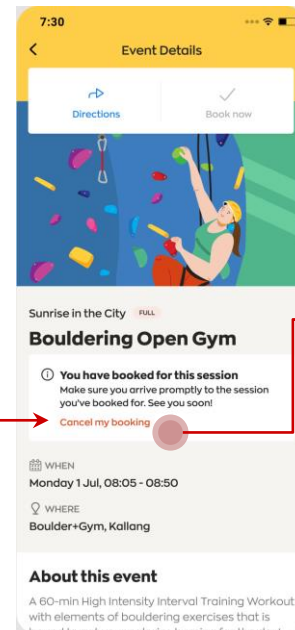
How to cancel your booked events



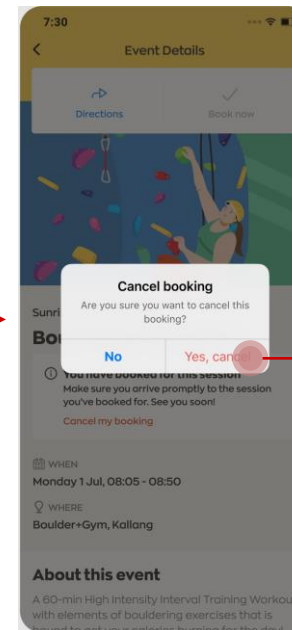
Tap on "View More" on home page to view full list of booked events"



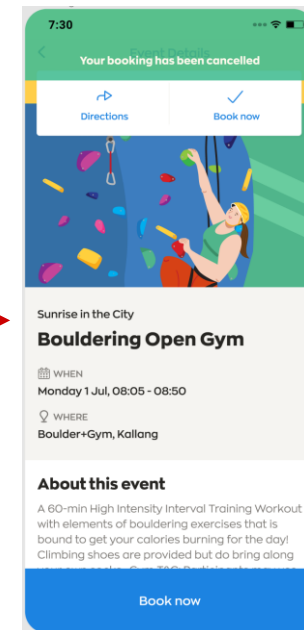
Select the event to cancel



Tap on "Cancel my booking"



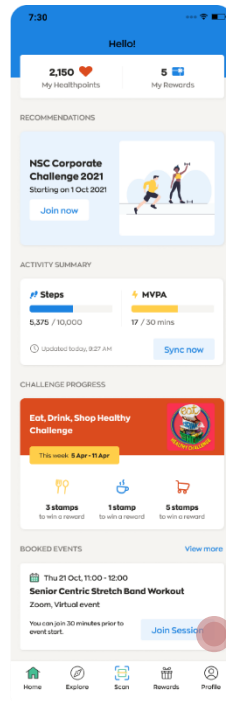
Tap on "Yes, cancel"



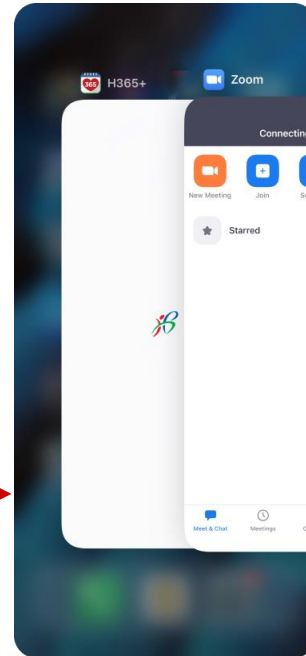
You have successfully cancelled your selected event.

JOINING VIRTUAL EVENTS

How to join virtual events



Tap on "Join Session" on the dashboard 30 minutes before the event start time



Virtual event platform will be launched for you to join and participate in the session

OR

Sunrise in the City (Zumba): Booking Confirmation



to you

Dear Jasmine,

Please be informed that you have successfully booked the following session(s):

Sunrise in the City (Zumba)

1 Jul 2020, 08:05 - 08:50, Zoom, Virtual event | [Join Session](#)

2 Jul 2020, 08:05 - 08:50, Zoom, Virtual event

8 Jul 2020, 08:05 - 08:50, Zoom, Virtual event

You can use any device to join the event using the link(s) above.

As these slots are reserved for you, we look forward to your participation. Please note that there may be specific instructions which can be found under "About this event" in the Healthy 365 App. Participants who do not meet the eligibility criteria (if any) will not be allowed to take part in the session(s).

For enquiries, kindly contact the organiser.
Refer to the Healthy 365 app for the organiser's email and contact number.

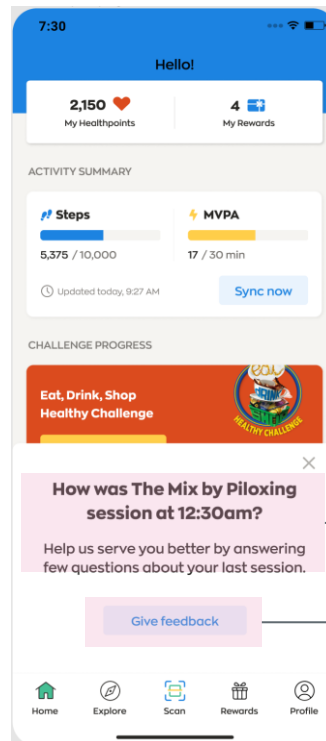
This is an auto-generated email. Please do not reply to this email.

Click on "Join Session" in the email 30 minutes before the event start time to attend the session from any device

An email notification with the access link will be sent out one day before the event. If the booking is made less than one day before the event, you will receive an email notification immediately.

POST EVENT FEEDBACK

Complete the survey form

**Survey Alert**

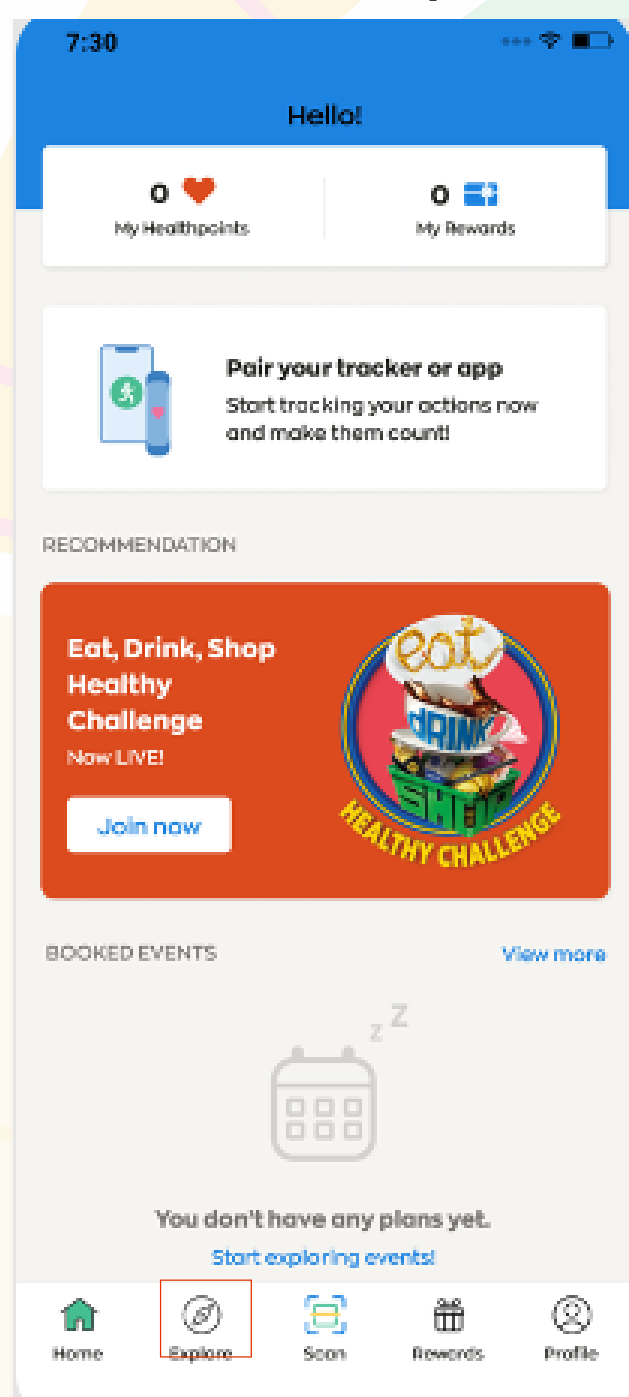
At the end of the event, you may be prompted to complete a simple survey to help improve our programmes.

Start Survey

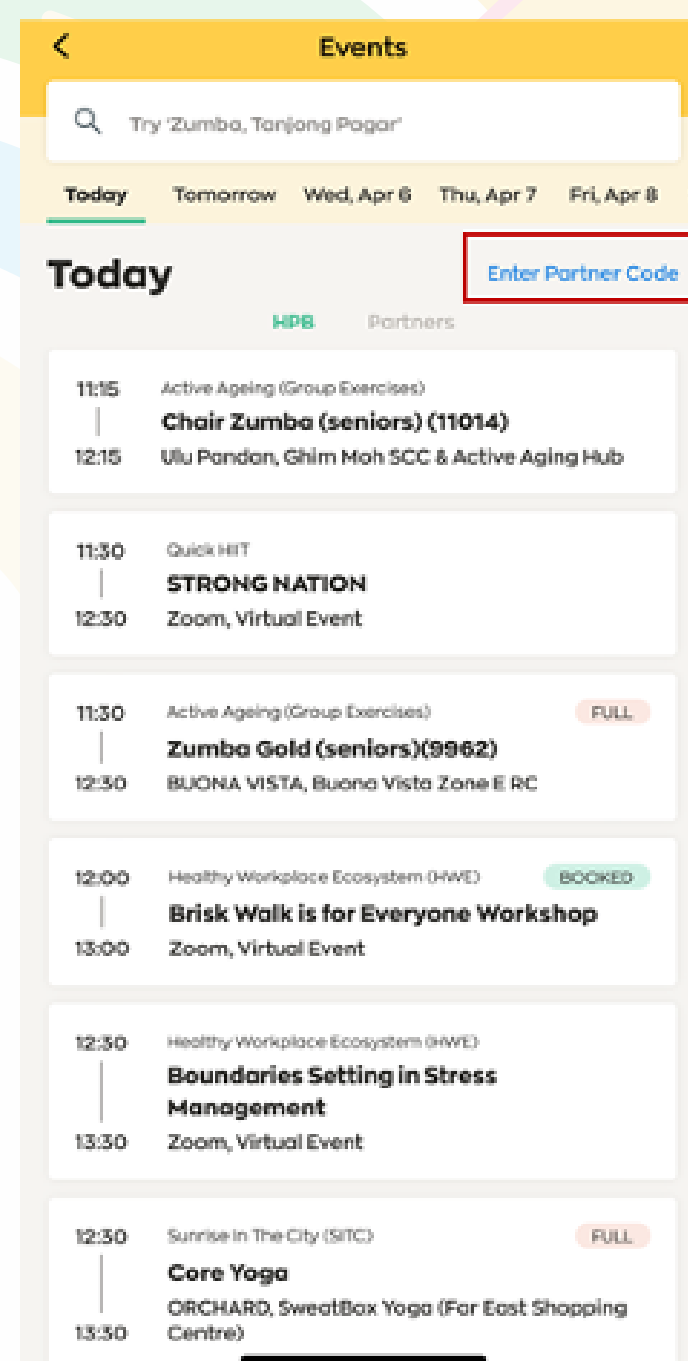
Tap here to share your feedback

HOW TO REGISTER

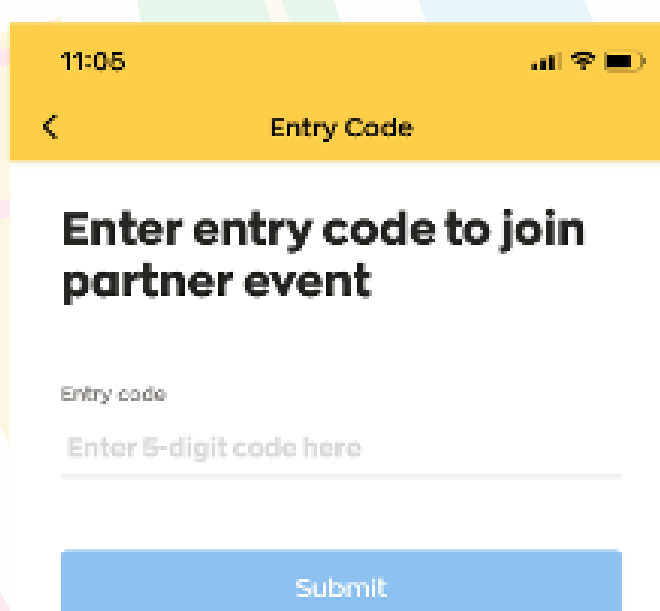
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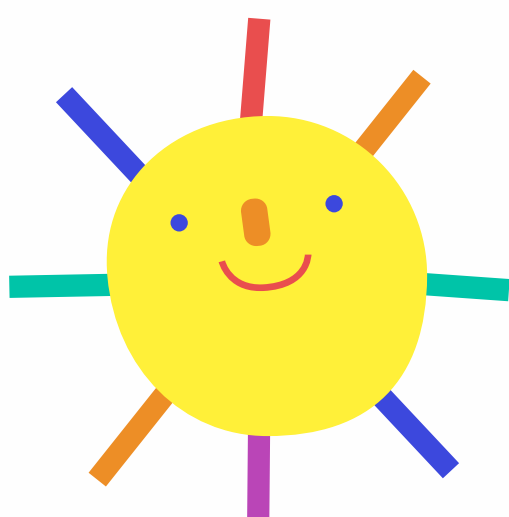
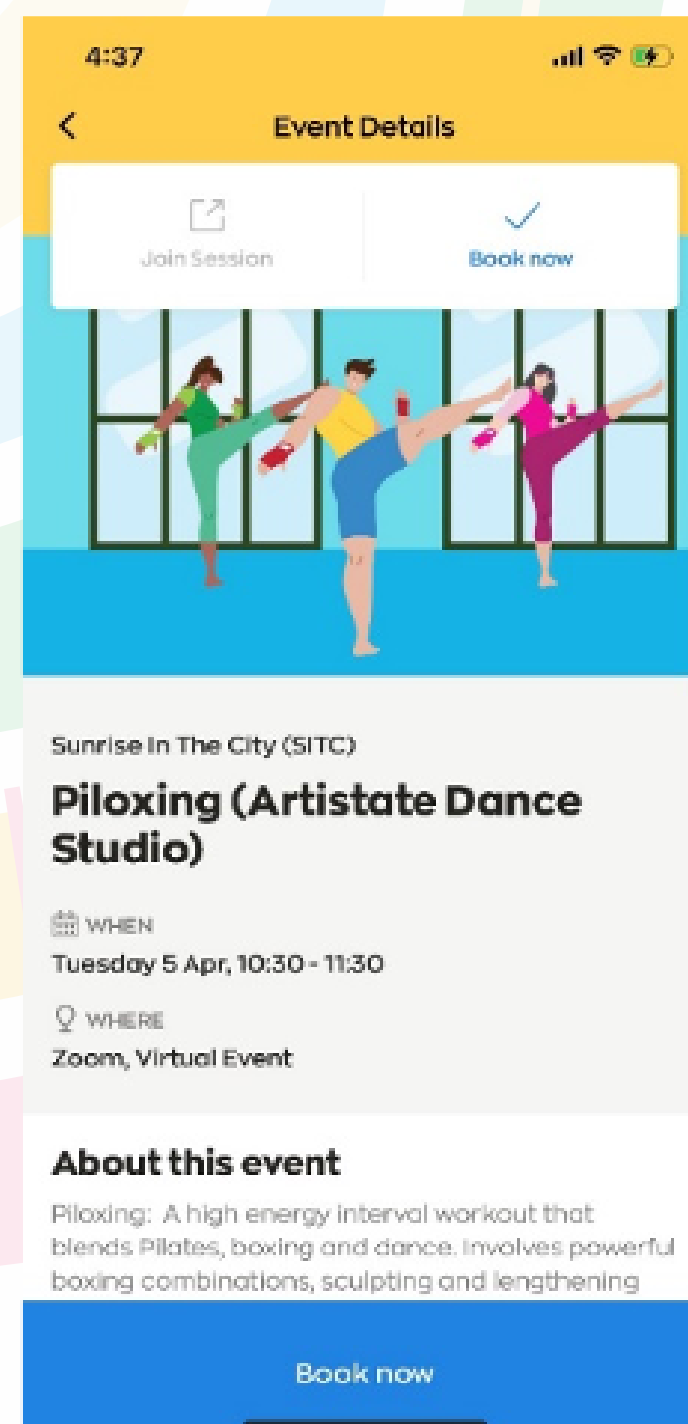
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