

SERVE WITH

Passion



A Newsletter by Lions Clubs of Singapore, District 309 > Issue 1 • Nov 2025

Dear Lions,

It gives me great pleasure to welcome you to the very first issue of our District e-bulletin for this fiscal year. This platform will serve as a window to share our stories, celebrate our successes, and inspire one another in service.

Our theme for the year is “Serve with Passion”, a reminder that every project, every initiative, and every act of kindness becomes more meaningful when it is carried out with sincerity and heart.

To my Cabinet Officers, I extend my deepest appreciation for your commitment. You are the pillars of leadership in our District, and I have every confidence that with your dedication, teamwork, and creativity, we will achieve greater heights together.

Let us continue to work hand in hand, united in purpose, to bring hope and meaningful change to those we serve. May this year be one filled with impact, fellowship, and passion in service.

In service with you,  
**DG Chia Lai Soon**

亲爱的狮友们：

我非常高兴在本会讯的第一期与大家见面。这份电子会讯将成为我们分享故事、庆祝成果、互相激励的平台。

本年度我们的主题是“热心服务”。这提醒我们，每一个计划、每一项活动、每一次善举，只有怀着真诚与热心去完成，才更有意义。

在此，我要向我的内阁团队致以最深的感谢。你们是推动本区前进的重要支柱，我深信凭着你们的奉献、团队合作与创造力，我们定能携手再创高峰。

让我们继续同心协力，秉持共同的目标，为有需要的人带来希望与改变。愿这一年充满影响力、友谊与热心服务的精神。

谢来檄

## Welcome Message from District Governor Chia Lai Soon



# Lion Year 2025-2026 Key Officers' School (KOS) & Cabinet Officers' School (COS) 2025–2026狮子年度分会干部培训 课程 (KOS) 与内阁成员培训课程 (COS)

*Reported By Lion Steven Tan, Global Leadership Team (GLT) District Coordinator LY 2025-2026*



The 2025-2026 Key Officers' School (KOS) for Club Presidents, Secretaries, and Treasurers, together with the Cabinet Officers' School (COS) for Region and Zone Chairpersons, was successfully held over two inspiring days on 28-29 June 2025, at Holiday Villa, Johor Bahru.

## Day 1 – Kickoff & Fellowship

The training began with warm and motivational opening addresses by District Governor Shirley Lee and First Vice District Governor (District Governor Elect) Chia Lai Soon. Participants quickly bonded through ice-breaker activities and interactive breakout workshops, sparking both learning and laughter.

The evening closed with a fellowship dinner, where Lions across the District strengthened their friendships and deepened their shared commitment to serve.

## Day 2 – Learning, Leadership & Graduation

The momentum carried into Day 2 with thought-provoking sessions on:

- Assessing Club Health
- DG Expectations & Awards Criteria
- GAT Goals – Mission 1.5
- A keynote address that left lasting inspiration

2025–2026狮子年度分会干部培训课程 (KOS) 供分会会长、秘书及财政参与，及内阁成员培训课程 (COS) 供专区及分区主席参与，已于2025年6月28日至29日，在柔佛新山Holiday Villa圆满举行，为期两天，内容丰富而充满启发。

## 第一天 – 开幕与联谊

培训在区总监李雪利与第一副区总监（暨当选区总监）谢来瞬的热情和鼓舞人心的开幕致辞中拉开序幕。通过破冰活动与分组互动工作坊，狮友们在轻松氛围中学习、交流与建立深厚情谊。

第一天在温馨的联谊晚宴中圆满结束，全区狮友借此机会进一步加深友谊，并强化了共同服务的承诺。

## 第二天 – 学习 · 领导力 · 结业

第二天的课程深入而充满启发性，涵盖了：

- 分析分会健康状况
- 总监期许与奖项标准
- 全球行动团队 (GAT) 目标 – 使命1.5
- 激励人心的专题演讲



The program concluded with a group photo, certificate and memento presentations, and a meaningful debrief session. Our Lions leaders departed equipped with practical tools, fresh perspectives, and renewed purpose to serve in the new Lion Year.

Special thanks go to all participants, guest speakers GAT Area Leader PDG Eve Wong and IPDG Potter Ka, and the dedicated facilitators who made this training weekend a resounding success.

在结业仪式上，狮友们合影留念，并获颁证书与纪念品。大家满载而归，不仅掌握了实用工具与知识，更坚定了团结一致、携手服务的信念。

衷心感谢所有狮友、嘉宾讲者GAT区领导PDG Eve Wong与IPDG Potter Ka、以及筹委与讲师们的辛勤付出。



# District New Member Orientation 2025

## 2025区新会员讲习



A warm welcome to our newest Lions and their Sponsoring Lions!

On 14 September 2025 (2:00pm – 5:00pm), Lions across Singapore gathered at Synergy Room, Singapore Shopping Centre, for an inspiring New Member Orientation organised by LCI District 309 in collaboration with DLTi.

The afternoon began with a Welcome & Opening Address by District Governor Chia Lai Soon, followed by:

- Group Photo
- House Rules
- Topic 1: Who are Lions?
- Topic 2: Lions Club International (LCI)
- Topic 3: District 309
- Topic 4: About Your Club & Sponsoring Lions
- Closing Remarks & Certificate Presentation

Congratulations to all who completed the orientation and received their Certificates of Completion and District Pins. Participating Clubs also earned District Award Points for their active involvement.

Special thanks to the District Team and DLTi facilitators for their dedication and support in making this orientation a success!

Together, let's continue to grow, serve, and inspire.

热烈欢迎新狮友与引荐狮友的加入！

2025年9月14日（下午2:00~5:00），新加坡各分会的狮友齐聚新加坡购物中心Synergy Room，参加由国际狮子会309区与DLTi联合举办的新会员讲习。

活动由区总监谢来瞬热情致开幕词，随后进行：

- 全体合影
- 会议守则
- 主题一：什么是狮子会？
- 主题二：国际狮子会 (LCI)
- 主题三：309 区
- 主题四：关于您的分会与引荐狮友
- 闭幕致辞及证书颁发

恭喜完成讲习并获颁结业证书与区徽章的狮友！参与分会也因积极参与而获得 区奖积分。

特别感谢区团队及DLTi培训讲师的鼎力支持，让本次讲习圆满成功！

让我们携手并进，持续成长、服务与启发。

## District Lion Portal Training Equips Club Leaders with Practical Skills

### 区狮子会门户网站培训为分会领导提供实践技能



Two (02) Lion Portal Practical Training sessions were held — the first on Wednesday, 10 September 2025 at Wisma Geylang Serai, and the second on Monday, 13 October 2025 at MacPherson Aljunied Crescent Zone 2 RC Centre.

These sessions were designed to equip Club Presidents, Secretaries, and Treasurers with the essential skills to effectively manage the Lion Portal, including updating membership records, submitting dues, reporting service activities, and more.

The facilitator guided participants step by step through the portal, ensuring that everyone gained hands-on experience and confidence in navigating the system. The interactive session also gave members the chance to clarify queries, exchange tips, and learn best practices to streamline their administrative work.

The event was well-received, with participants appreciating the practical focus and the opportunity to strengthen their operational know-how. Such trainings play an important role in supporting club leaders, ensuring smoother administration and more efficient service reporting for Lions Clubs in Singapore.

With the enthusiastic turnout and positive feedback, the District looks forward to conducting more capacity-building sessions in the future to empower Lions leaders in their roles.

两场（02）狮子会门户实践培训顺利举行 — 第一场于2025年9月10日（星期三）在芽笼士乃大厦 举办；第二场于2025年10月13日（星期一）在麦波申阿裕尼弯第二区乐龄活动中心 举办。

本次培训旨在为会长、秘书及财政提供关键技能，以便更有效地使用狮子会门户网站，包括更新会员资料、提交会费、汇报服务活动、等等。

培训讲师以循序渐进的方式引导学员操作门户网站，确保每位参与者都能获得实践操作经验和信心。在互动环节中，学员们亦能解答疑问、交流技巧，并学习最佳实践，从而简化行政工作。

此次活动深获好评，学员们对培训的实用性及提升操作能力的机会表示肯定。此类培训在支持分会领导方面扮演着重要角色，有助于推动新加坡狮子会的行政运作更顺畅、服务汇报更高效。

在积极参与和良好反馈的鼓舞下，309区将继续举办更多能力建设培训，以进一步赋能狮子会领导者，助力他们更好地履行职责。

# Eye Screening Project on 20 July 2025

*By Lion Jennifer Chew, District Chairperson,  
Sight Preservation & Awareness*



Lions SaveSight Centre (LSSC) organized and conducted its regular Eye Screening Project for senior residents of Chua Chu Kang GRC on 20 July 2025, 9am to 1pm, at Chua Chu Kang CC.

184 senior beneficiaries had their eyes screened, with 51 of them being referred for follow-up eye treatment at any of the Hospital Eye Clinics.

The Guest-of-Honour, Minister for Manpower, Dr Tan See Leng, and the Chairman of LSSC, Lion Charity Wai were present to grace the event and observe the eye screening activities conducted in the CC's expanded Conference Room.

Some 40 volunteers comprising SNEC doctors and nurses and Lions volunteers were present to conduct the eye screening project for the senior beneficiaries from Chua Chu Kang GRC.

Reading glasses sponsored by Lions Community Service Foundation were given to those seniors who needed them.



# LCS Chong Pang Signature Breakfast Project

*By Lions Club of Singapore Chong Pang*

LCS Chong Pang continues its Signature Breakfast Project at Block 15 Lor 7Toa Payoh Singapore 310015, bringing warmth and care to nearly 100 residents through the simple yet meaningful act of delivering breakfast. This service has become our Club's monthly project and a cherished tradition of giving back to the community.

The project was first initiated by our beloved Late PDG Nancy Lim, and it has been carried out faithfully since our Club was chartered in June 2016. Her legacy of service lives on as we continue to serve with dedication and compassion.



# LCS Central Japanese YCE Program 2025: **A Resounding Success**

2025新加坡中央狮子会日本青少年交流会(YCE)  
**圆满成功**



LCS Central is proud to have once again organised the Japanese Youth Cultural Exchange (YCE) program. This meaningful initiative, which began in 1982, has now run successfully for 43 years. It engages youths, offering a truly educational and cultural experience that grows more diverse, vibrant, and interesting with each iteration.

This year, from July 29<sup>th</sup> to August 12<sup>th</sup>, 2025, twelve Japanese students visited Singapore. Their itinerary provided deep insights into Singapore's unique multi-racial and multi-religious society, including visits to Marina Barrage, Merlion Park, various Chinese temples, a Hindu temple, a Malay Mosque, Chinatown, and the Indian Heritage Centre. A significant highlight was their opportunity to witness Singapore's National Day Parade.

中央狮子会很荣幸再次成功主办了日本青少年交流会 (YCE)。这个极具意义的项目始于1982年，至今已成功举办了43年。它吸引了年轻人参与，提供了具有教育意义和文化内涵的体验，并且愈发多元化、充满活力与趣味。

2025年7月29日至8月12日，十二名日本学生到访新加坡。他们的行程旨在深入了解新加坡独特的多种族、多宗教社会。学生们参观了滨海堤坝、鱼尾狮公园等标志性景点，以及华人庙宇、兴都庙和马来清真寺等宗教场所，还探索了牛车水区和印度传统文化中心等社区。此行的一个重要亮点是亲身观看了新加坡的国庆庆典。

学生们也积极参与了中央狮子会在工艺教育东区学院，为800多名乐龄人士举办的“视觉项目”。



The students also actively participated in LCS Central's Vision Project, serving over 800 seniors at ITE College Central (Tampines). For leisure, they explored the Mandai Wildlife Reserve, enjoying the Singapore Zoo, Bird Paradise, and Night Safari, and had fun at Universal Studios Singapore on Sentosa Island.

This successful exchange would not have been possible without our dedicated host families. They generously shared their homes, showered the students with warmth and patience, and diligently accommodated the busy travel schedule. Their efforts were indeed marvelous and made the stay truly memorable for all the students.

The exchange concluded with a Farewell Dinner featuring a Japanese cultural show presented by the students, including songs, dances, and games.

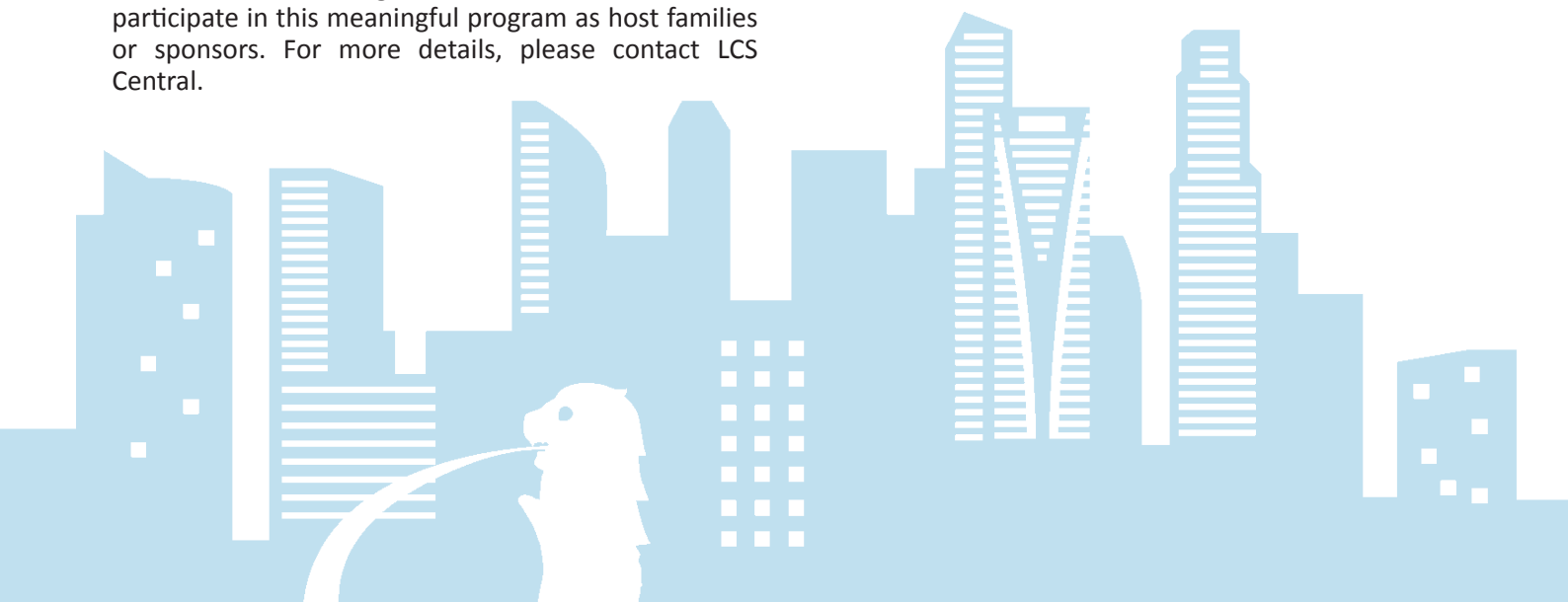
LCS Central encourages more Lions members to participate in this meaningful program as host families or sponsors. For more details, please contact LCS Central.

休闲期间，他们游览了万礼野生动物保护区，体验了新加坡动物园、飞禽公园和夜间野生动物园，并在圣淘沙岛的环球影城尽情游玩。

本次交流会的成功，离不开我们尽心尽力的寄宿家庭。他们慷慨地开放自己的家庭，给予学生们无微不至的关怀和耐心，并积极配合繁忙的行程安排。他们的付出为所有学生创造了一段真正难忘的回忆。

交流会以一场告别晚宴画上句点，学生们在晚宴上表演了精彩的日本文化节目，包括歌曲、舞蹈和游戏。

中央狮子会鼓励更多狮友以寄宿家庭或赞助人的身份参与这项意义深远的项目。欲知更多详情，请联系我们。



# YOUNG LIONHEARTS

*By Lions Club of Singapore Raffles City*



Leong Yoke Leng, then-VP (and current President) of LCS Raffles City, initiated the inaugural Young Lionhearts Competition – youths for youths in the promotion of mental wellness through the development of games, websites and apps.

A total of 39 secondary schools and junior colleges were reached with 25 teams from 8 secondary school/JCs registering for the Competition, and 19 teams in the finals. The project involving an event launch in Nov 2024 and the finals in Mar 2025 was powered by LCSRC and National Youth Council (NYC). Teams from VJC, ASRJC and HCI won for the JC category while Temasek Sec School won in the secondary school category.

The project won the Gold at Lions Oscar Nite and the Organising Chair, Yoke Leng, won several awards, in part due to this project and her leadership roles in LCSRC and other communities. The project is nominated for several awards and mentioned in other awards that Yoke Leng received.

There will be a second edition of the Competition for secondary schools and junior colleges with the event launch and finals to be held in Nov 2025 and Mar 2026 respectively.

There may also be a first edition of the Competition for ITE, Polytechnics and University Undergrad students (tbc).



# Sunlove Project

## Celebrates 23 Years with Transformative Donation

*By Lions Club of Singapore Nassim*



In conjunction with Lions Club of Singapore Nassim 23<sup>rd</sup> anniversary, the LCS Nassim raised \$50,000 to jointly sponsor a dedicated van for Sunlove Abode at Buangkok View.

The vehicle will ensure safe transport for residents' daily needs, including grocery shopping and community outings.

The van was formally presented during a heartfelt ceremony on 22 June 2025, attended by residents, volunteers, and project partners.

A full force of LCS Nassim volunteers rolled up their sleeves to serve lunch and interact with 300+ residents, spreading joy and creating cherished moments.

Beyond transportation support, the event's meals and camaraderie brought smiles and warmth to the intellectually elderly, reinforcing their sense of belonging.

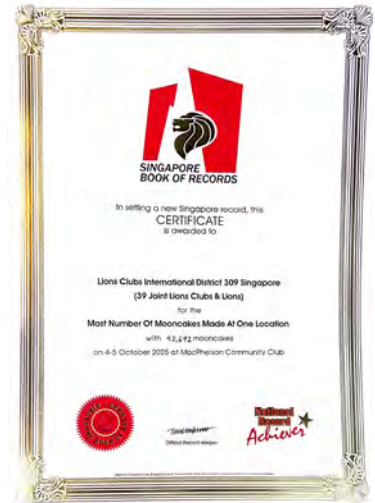
The van ensures dignified access to essentials, reducing logistical challenges for the home's staff and residents.



# Harmony Mid-Autumn Festival Care & Outreach 2025

## 和谐中秋关爱与外展活动 2025

By Lions Club of Singapore Goodlink



The Harmony Mid-Autumn Mooncake Festival Care & Outreach 2025 was a resounding success, uniting the community in a spirit of dedication, compassion, and joy. Now in its 5<sup>th</sup> year, the event once again showcased the Lions' unwavering commitment to serving the vulnerable and fostering harmony across our island.

The event began on 3<sup>rd</sup> October with a trial training session for both new and returning volunteers, led by our expert Chef team. This session played a vital role in equipping participants with the skills and knowledge needed to ensure consistency in mooncake production, creating a strong foundation of teamwork and learning for the days ahead.

The production and packing days on 4<sup>th</sup> and 5<sup>th</sup> October were filled with energy and purpose. Under the diligent guidance of Chef Sunny Yeo and his dedicated team, a total of 42 chefs on 4<sup>th</sup> October and 44 chefs on 5<sup>th</sup> October led the effort to produce and pack an astounding 42,692 mooncakes, neatly arranged into 10,673 boxes. Over 1,000 Lions and volunteers from all walks of life participated enthusiastically - making, packing, delivering, and distributing the mooncakes to 60 locations islandwide, reaching out to the vulnerable communities in need.

On the 5<sup>th</sup> October, door step distribution in MacPherson started after DG Chia Lai Soon flagged off the Wheels of Love - Bikers.

2025年和谐中秋关爱与外展活动圆满成功，在奉献、关爱与喜悦的氛围中凝聚了社区的力量。今年活动迈入第5个年头，再次展现了狮子会无私服务弱势群体、促进社会和谐坚定承诺。

活动于10月3日正式启动，首先进行了一场由专业厨师团队带领的新旧义工培训。此次培训让参与者掌握了制作月饼的标准技巧与知识，为接下来的工作奠定了良好的团队合作与学习基础。

10月4日与5日的生产与包装日充满了活力与热情。在Chef Sunny Yeo及其敬业团队的指导下，10月4日共有42位厨师、10月5日共有44位厨师带领义工们制作与包装了42,692个月饼，整齐装入10,673盒。超过1,000名来自各界的狮友与义工积极参与，从制作、包装到运送与分发，将这些月饼送往全岛60个地点，为弱势群体传递温暖与关怀。

10月5日，在总监谢来樛为Wheels of Love摩托义工队挥旗后，便开始在麦波申上门分发月饼。





**JOINING US:**  
**CHIA LAI SOON**  
 District Governor  
 Lions Clubs International  
 District 309, Singapore

**CHUA MING KOK PSM**  
 Chairman  
 MacPherson CCC

**HARMONY**  
**Mid Autumn Festival**  
 Care & Outreach  
 2025  
 佳節月圓慶中秋  
 4-6 October 2025 • MacPherson Community Club

**ORGANISING CHAIRPERSON**  
**HO YU XIAN**  
 Charter President  
 Lions Club of Singapore Goodlink

**CO-ORGANISING CHAIRPERSON**  
**KITTIE TAN**  
 Chairperson  
 MacPherson Aligned Crescent  
 Zone 2 Residents' Network

**Most Number Of Mooncakes Made At One Location**  
 Awarded To  
**42,692**  
 Mooncakes

**Organised by:**  
 MacPherson District Council  
 1st Vice District Governor  
 Lawrence Sew

**Sponsored by:**  
 District 309  
 1st Vice District Governor  
 Lawrence Sew

**Sponsored by:**  
 District 309  
 1st Vice District Governor  
 Lawrence Sew

**Sponsors:**  
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 Orchard • Oriental • Pearl's Hill • Roots • Ru Yi • Seletar • Sentosa • Stamford • West • Whampoa  
 Lions Befrienders Chairman Alex Lim (Tanglin) • GMT District Coordinator Angeline Woo (Nassim)  
 Region Chairperson Teo Bee Bee (Clarke Quay) • Zone Chairperson Helena Gwee (Island)  
 Zone Chairperson May Yang (Cheng Hua) • District Chairperson Amy Yu (Oriental)  
 1st Vice District Governor Lawrence Sew (Beverly Hills)

**Lions Club of Singapore Goodlink: Main Sponsors** • Form Team Adjusters Pte Ltd • Past President Kittie Tan  
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The event culminated on 6<sup>th</sup> October with the Harmony Mid-Autumn Mooncake Festival Care & Outreach Celebration held at MacPherson Community Club, where 180 seniors and beneficiaries gathered for an evening of heartwarming fellowship. From 5:30pm. to 9:00pm, guests enjoyed karaoke entertainment, finger food and bento dinners, instant photo booth fun, harmony mooncake giveaways, and lucky draws - a truly joyous and inclusive celebration that embodied the festival's spirit.

This impactful initiative was made possible through the generous support of District 309, 40 Lions Clubs, 10 individual Lions, 1<sup>st</sup> VDG Lawrence Sew, Lions Club of Singapore Goodlink & Community Partners, Chef Sunny Yeo & Team, and Wheels of Love – Bikers.

活动的高潮于10月6日在麦波申民众俱乐部举行的中秋节关爱庆典。当天共有180位乐龄长者与受益者齐聚一堂，共度一个温馨欢乐的夜晚。活动于下午5点半至晚上9点进行，现场节目丰富多彩，包括卡拉OK娱乐、手指食物与便当餐点、即时拍照亭、和谐月饼赠送及幸运抽奖，气氛热烈又温馨，充分体现了节日的团结与关爱精神。

此次意义非凡的活动得到了309区，40个狮子会分会，10位个人狮友，第一副总监Lawrence Sew狮兄，新加坡嘉联狮子会及社区伙伴，Chef Sunny Yeo与团队，以及Wheels of Love 摩托义工队的鼎力支持。

309区义工齐聚麦波申民众俱乐部礼堂，制作逾4万个中秋月饼分发给各弱势群体，打破新加坡纪录！  
 狮子会提供

## 义工制作逾4万月饼 送暖弱势群体和长者

陈秋静 冯凯麟 报道 qichuan@ph.com.sg

**破新加坡纪录大全**

中秋节将至，300多名义工齐聚麦波申民众俱乐部礼堂，制作逾4万个中秋月饼分发给各弱势群体，打破新加坡纪录。此次活动由新加坡嘉联国际狮子会、麦波申阿拉伯湾第二分区居民联系网和新加坡国际狮子会309区联合举办。义工们将当天在麦波申民众俱乐部制作月饼，然后分发给弱势群体。

麦波申阿拉伯湾第二分区居民联系网主席陈秋静在颁奖时说，希望透过分发月饼，让弱势老人等群体在中秋节也能感受到社会的温暖与关怀。

活动今年迈入第五个年头，规模比以往更大，制作的月饼数量更是刷新新加坡纪录大全。国际狮子会309区总协调员陈秋静同时也发起狮子会服务日与狮子会守护日的倡议。此外，超过20个狮子会分会也在当天开展多项有意义的社区服务，如花间海游酒店活动、免费理发服务等。

“团结就是力量，狮子会作为一个大家庭，希望在社区服务时可以增加彼此的凝聚力。”

**500人参加免费验眼活动**

狮子会今年携手杨厝港医院和全国眼科中心举办免费验眼活动。

配合世界视觉日，杨厝港医院眼科医生前往全国眼科中心与狮子会联合提供免费验眼服务。当天在杨厝港民众俱乐部为45岁及以上居民提供免费验眼服务，吸引了约500人参加。

杨厝港分区区议员叶俊豪在颁奖并受访时说，视力对老年人的生活质量至关重要，而视力检查，这时候往往需要长者，同时眼科检查服务带到社区，不但可以接受检查，也缩短了等候时间。



# Movie Outing For Seniors

*By Lion Donald Wee, Secretary, LCS Serangoon Gardens*



On 10 June 2025, the Lions Club of Singapore Serangoon Gardens hosted 55 seniors from the LB Ang Mo Kio Active Ageing Centre to a movie at Vivocity. Games were played for social bonding as well as for physical / mental engagement and lunch was served prior to the movie outing.

Two buses were chartered to ferry these seniors to and from the cinema. Nine (9) of our members participated in this project, representing 50% of our active membership then. Our member, Patrick, came professionally prepared with first-aid kits ever ready to attend to any medical emergency should an unforeseen incident arise. Fortunately, there was none.

The project was funded by the goodwill and generosity of some of our club members to the tune of \$1,600.00. A total of 51 manhours were expended. This was a maiden project undertaken by our new member, President Christopher Loh. Beneficiaries expressed delight as shown in the video clip together with other photos at our Facebook postings of 10 June of the "Lions Club Singapore Serangoon Gardens".



# MACPHERSON MARKETPLACE

14 September 2025 • MacPherson Community Club

By Lions Club of Singapore Goodlink



An initiative by LCS Goodlink to help out MacPherson vulnerable folks & families to cope with the increasing cost of living. Vendors sell their goods at very good discounted prices

Folks & families just need pay half the purchase and MacPherson CC or Community Partners will pay the balance half.

Their budget is \$24 for dried goods and \$24 for vegetable. The families will only have to pay half for both the items.

Lions Club of Singapore Goodlink will sponsor once a year for this project. But will gather more Lions & DBS volunteers for every round of MacPherson Marketplace.



# Mental Wellness Awareness & Action

By Lion Helen Tan (LCS Vanda), DC Mental Wellness Awareness & Action



## Missions and Visions of Lions Club International

Lions Clubs International's mission is to empower volunteers to serve in their communities, meet humanitarian needs, encourage peace and promote international standing through the fellow Lions Clubs. Their vision is to be the global leaders in the community and humanitarian service. The organisation's guiding principle is therefore captured in their motto of "WE SERVE"

## Lions Club International District 309

It offers friendship, activities, self-worth, empowerment, leadership, volunteerism, care programs and many other opportunities for members to interact and exchange to improve on mental – wellbeing. Remember this – We have 109 clubs with more than 3396 members. This easily translates to YOU the number of friends that we as members are Blessed with.

## Prevention is Utmost in Mental Wellness

- **Selfcare and Support**  
Taking care of your mental wellness involves selfcare practices and seeking support when needed. This can include activities like getting regular exercises, eating healthy, managing stress and connecting with others and the communities
- **Engage in Meaningful Activities**  
Seek out activities that bring you a purpose and accomplishment – like volunteering or working on a hobby or in community outreach projects

**Please look out for more New Articles on Mental Wellness Benefits for Community Service Volunteers like You and I – Look Forward to Meeting You too.**



## About Leo...

A quick update to District and fellow Cabinet Officers on current happening (pertaining Leo Movement) to shoutout and share a highlight – Leo President Eleanor (Leo Club of Nanyang Polytechnic, sponsored by LCS Royal) is representing Singapore this year in Constitutional Area 5 Webinar as one of the speakers!

She had just shared inspiring projects of the impact Leos have made in Singapore to motivate fellow Leos around the globe. Tonight's webinar, though part of the CA5 (APAC) series, we are also joined by International audience Leos tuning in from Switzerland, France, Japan, USA, and Bulgaria.