

## *Press Release*

### **For Immediate Release**

### **Seniors Keep Fit And Youthful With Tea And Yoga**

*Hong Leong Foundation also gave cash gifts of S\$438,600 to 3,655 beneficiaries, bringing 2018 donations to nearly S\$2 million.*

**Singapore, 30 January 2019** – More than 40 elderly beneficiaries learnt some secrets to growing old gracefully at Hong Leong Foundation's charity event, held at Copthorne King's Hotel today.

The seniors from Bo Tien Home for the Aged and Kheng Chiu Loke Tin Kee Home enjoyed a morning focused on health and wellness. They were hosted by staff volunteers from member companies in Hong Leong Group Singapore – City Developments Limited (CDL), Hong Leong Holdings, Millennium Hotels and Resorts, Hong Leong Finance, Hong Leong Asia and Hong Realty.

As part of its annual charity event for the elderly, Hong Leong Foundation made cash contributions of over S\$438,000 to 3,655 beneficiaries of the Ministry of Social and Family Development's ComCare Long-Term Assistance scheme.

The outing was part of the annual event by Hong Leong Foundation, the charity arm of Hong Leong Group Singapore. The Foundation made cash contributions of S\$438,600 to some 3,655 senior beneficiaries who are under the Ministry of Social and Family Development's ComCare Long-Term Assistance scheme.

The event began with a tea appreciation workshop where the elderly (aged 63 to 98), learnt different beauty and health benefits to drinking tea, including anti-aging, lowering risks of cancer, heart disease, clogged arteries and cholesterol. The seniors also learnt traditional tea-brewing methods and tried their hand at brewing different teas including white tea (Baihao Yinzhen 白毫银针), green tea (Longjing 龙井茶), flower tea (jasmine tea 茉莉花茶) and oolong tea ('Beauty of the East' 东方美人).

This was followed by a Chair Yoga routine where the seniors mastered simple stretches to improve joint mobility. Chair Yoga is a gentler form of yoga that is practiced while sitting on a chair, and works well for the elderly, particularly those with physical ailments.

The seniors were then treated to a delicious buffet lunch complete with *Lo Hei* to usher in the Year of the Pig, and entertained with performances by Toy Factory Productions, a long-term beneficiary of the Foundation.

"We planned this event with the aim to promote a continuous learning journey as well as active aging for our seniors, and we felt that this combination of tea appreciation and yoga stretching would be both fun and educational!" said Ms Michelle Kwek, a governor of Hong Leong Foundation who was among the volunteers and senior executives at the event today. Ms Kwek is also General Manager of Hong Realty.

The Foundation also continued its long-standing support towards the arts, education and various social causes such as The Singapore Lyric Opera, The Arts Fission Company, Singapore Institute of Technology, and the Singapore Zoological Gardens. Hong Leong Foundation donated nearly S\$2 million for the year 2018.

Established in 1980, Hong Leong Foundation, the charity arm of Hong Leong Group Singapore, is a regular and committed supporter in education, welfare, the elderly, heritage and the Arts.

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