

Events & talks

Spine health education for our communities

Past events and opportunities for future collaboration



About ASPINE Wellness

Spine-focused care for children and adults

Posture assessment and correction

Spinal rehabilitation and
scoliosis programmes

Health education in the clinic
and out in the community



About ASPINE Wellness

What we provide

Posture correction

Scoliosis

Scoli-pilates

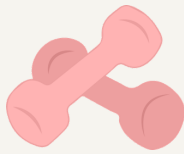
Pain management

TCM

Modalities such as decompression and SIS

Physiotherapy

3D body and foot scanner



Selected events & talks



Community talks



Sports events



School outreach



Clinic sessions

Pink Warriors basketball competition



**On-site support
for the sporting
community**

ASPINE joined the event with a visible team presence and participant engagement.

Working together at community events



**Shared expertise,
one accessible booth**

ASPINE and TCM practitioners engaged participants together at the event station.

Masjid Ahmad health talk



A health talk for the mosque community and residents in the area



An on-site booth for questions and further discussion.

Posture advice through conversation



**Clear explanations
with room for questions**

The team uses visual aids and individual conversations to explain posture and everyday habits.

Inside the event experience



Tools for explanation



Exercises together



An interactive talk

Feedback from the community

“Your presentation was insightful, practical, and inspiring.”

“We truly appreciate the valuable advice and perspectives you shared, and we are confident that our participants have benefited greatly from the session.”

Siti Shawaliza Binte Adi
Program & Operation Executive / Marcomm Officer Masjid Ahmad

From setup to personal guidance



Ready to welcome

A branded station with posture tools.



One-to-one guidance

Direct answers to participant questions.



Posture screening

A clear explanation of the results.

Health education in the clinic



TCM sharing in a focused group setting.



Senior health education with on-site screening.

Community events across Singapore



Celebrating Parents



Guided exercise



Posture conversations



Hands-on explanations



Community engagement



Working with partners

How our community events work



01 Health education

Talks and spine models explain posture in everyday terms.

02 Personal interaction

Participants ask questions and try guided activities with the team.

03 Practical guidance

The conversation connects spine health to daily habits.

Health talk and screening at Kovan Hub



Public education and direct engagement

A neighbourhood health talk paired
with posture screening.

Posture education for children and parents



A hands-on spine demonstration.



Learning together, with simple checks families can use at home.



Let's create healthier communities

Plan a health talk, screening or workshop with our team.

Tell us about your audience and the event you have in mind.

care@aspinewellness.com
(+65) 6801 3111
aspinewellness.com

