



**PERSATUAN KEBAJIKAN IVORY,  
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**FOR IMMEDIATE RELEASE**

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**Ivorycares helps employee to lead healthier lives**

GEORGE TOWN: Employees from Ivory Properties Group Berhad spent a meaningful morning indulging in healthy activities in conjunction with World Health Day.

Organised by Ivorycares, the charitable arm of Ivory Properties in partnership with the Forward Health Nutritional Medicine Centre, the initiative called 'Ivory Fit' saw participants taking part in energetic Zumba dance and other physical exercises.

Held on Mar 17 at Chin Ho Plaza, Penang Times Square, the event kicked off at 7.30am and the venue was a hive of activities with loud music, chatters and laughter.

After the Zumba exercise, the event continued with free health screening for the participants.

Ivorycares vice president Winnie Yeoh said the objective of "Ivory Fit" is to create health awareness and build a healthier lifestyle among all employees.

"A positive mind and positive vibes made for a positive life. I'm so happy to see everyone having fun taking part in the activities.

"We encourage the staff to lead a healthy lifestyle through exercises and balanced meal after sitting whole day in the office."

She also thanked and expressed appreciation towards Forward Health Nutritional Medicine Centre, Penang Times Square and M Mall O2O for their event sponsorship in making this meaningful activity a success.

The activities ended with a group photo session and participants were treated to a nutritional refreshment.

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