

AIA BETTER LIFE GARNIVAL

HEALTHIER. LONGER. BETTER LIVES

AIA Vitality

22
JUNE
2024
Saturday

7.00am - 10.30am

Taman Metropolitan
Kepong, KL

Join us for a morning
of health and wellness
with your friends
and family!

FREE ENTRANCE

Register at bit.ly/AIABetterLife by 19 June 2024 to attend the event and be eligible for exciting lucky draw prizes.

Supported by:



#AIABETTERLIFEGARNIVAL
#HEALTHIERLONGERBETTERLIVES
#AIAVITALITYMY
#AIAONEBILLION

PROGRAMME

- 7.00am Arrival
- 7.30am Welcome by Emcee
- 7.35am AIA Better Life Carnival begins!
- 10.30am End

Check out our activities here



Move Well For A Better Life

- Workout sessions powered by Fitness First Malaysia

7.45am – 8.00am *Gentle Flow Yoga (Beginner)*
Note: For those interested in joining the yoga session, we encourage you to bring your own yoga mat.

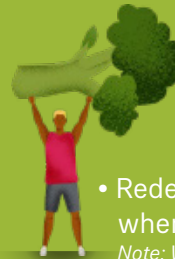
8.10am – 8.25am *Functional Core Workout*

8.45am – 9.00am *Body Combat*

9.10am – 9.25am *Light Stretching*

9.35am – 9.55am *Zumba*

- Carnival games | Scavenger hunt | Fun fitness challenges, and so much more!



Eat Well For A Better Life

- Redeem healthy snacks and beverages when you participate in the event activities
Note: We have water dispenser stations for water refills at the Carnival, and we encourage you to bring your own bottles to refill your drinks whenever you need.

Rest Well For A Better Life



- Thrilling hot air balloon ride
- Free health checks and consultations by Pantai Hospital Kuala Lumpur
- Body massages
- Fun tattoos and face painting
- Board games



Guest Appearance by
Datuk Nicol David,
AIA Malaysia Ambassador



LUCKY DRAW

Session

1

8.30am

Session

2

9.30am

Session

3

10.00am

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WHERE TO PARK:



1 Multi-storey car park at the Main Gate

(Nearest to our event location with ample parking spots, first-come-first-served)



<https://waze.com/ul/hw28635ers>



<https://goo.gl/maps/aYumVGsN3mzjeSSq6>

2 Gate 2

(15 minutes walking distance to our event location with limited parking spots, first-come-first-served)



<https://waze.com/ul/hw2862fsm2>



<https://goo.gl/maps/qLSidHz8FYRnTctD7>

Parking Fee:

- First hour: RM3.00 per entry
- For each subsequent hour, or part thereof: RM1.00
- Cashless payment: Touch 'N Go Card and Credit/Debit Card

Notes:

- AIA Better Life Carnival is open to public including AIA Malaysia's permanent employees, contract staff, life planners, customers, corporate clients, business partners, AIA Vitality members and members of the public.
- Register at bit.ly/AIABetterLife by 19 June 2024 to attend the event and be eligible for exciting lucky draw prizes. Everyone is welcome to the Event, as long as space permits.
- There shall be no fees or charges imposed to participate in this Event.
- By participating in the Event, the Participants agreed to be bound by the Event Terms and Conditions.
- Event T&Cs: bit.ly/AIABetterLifeTnC