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FOR IMMEDIATE RELEASE

Beat Exam Stress the Fun Way at City Square Mall

City Square Mall organises 'Kids' Wellness Fair' and Weekend 'Edu Fair' to help provide parents and children with different ways to prepare for the upcoming school examinations

Singapore, 23rd September 2010 – City Square Mall, owned and managed by City Developments Limited (CDL) will be hosting an array of activities from 24th September to 17th October to help provide children and their parents with fun and healthy ways to cope with the upcoming school examinations.

By organising health talks from both Western and Asian experts, the key priority is to ensure children (and their parents) learn how to stay in good health during the high-stress examination month.

To kick off the activities, City Square Mall will host a **Kids' Wellness Fair** from 24th September to 3rd October. The fair includes wellness and health talks supported by Health Promotion Board, such as "Keeping Examination Anxiety at Bay" mental wellness talk on Saturday, 25th September and an "Eating to be a Healthy and Smart Child" nutrition talk on Sunday, 26th September.

The following Saturday, on 2nd October, *Sin Chong Traditional Medicine* will host Dr. Wei Qunli, a senior physician from Nanjing General Hospital at City Square Mall. Dr Wei is a specialist in Traditional Chinese Medicine therapy and will speak about "Common Child Diseases". Parents attending the talk can learn how to use natural herbs or remedies to help everyone in the family stay healthy and strong.

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Co. Reg. No.: 196300316Z



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The **Education Fair** will take place on 24th to 26th September and 1st to 3rd October where parents can choose from a wide range of different fun activities to help their children take a much-needed break from all the studying. Ranging from discounts for new students learning to play the violin at *Magic Fiddler*, to ice-cream making workshops by *Genius R Us* for one parent and child, free interactive seminars for Primary school children and their parents about “The Impact of Pollution on our Health” by *Elan & Soma Schools*, and holiday programmes to enjoy learning the English or Chinese language through interactive games, stories, craft and role-play from *Leap SchoolHouse*, this line-up of activities will help parents ensure their children enjoy a much needed break from studying.

From the 24th September to 3rd October, the whole family can have fun together with Singapore’s longest Hot Wheels 10-metre mega racetrack at City Square mall. The top three fastest racers at the **Metro Hot Wheels Fair** who can beat the Hot Wheels timing will each receive a Hot Wheels Hamper worth \$100! There is also a promotion giveaway where a free Hot Wheels acrylic box is given away with every \$10 spent on Hot Wheels basic cars or track set.

“Examination anxiety is a much-talked about phenomenon but few parents and children seem to know what to do about it. As a family mall, our priority is to ensure we organise interesting activities that benefit our target audience. By organising the Kids’ Wellness Fairs and other health and wellness talks, fun activities and great shopping deals, we can help families visiting the mall to enjoy an enriching experience while learning how to cope with exam stress,” said Mr. Tan Boon Tuck, Centre Director for City Square Mall.



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City Square Mall will be offering shoppers **Stress Buster Deals** from 24th September to 17th October. Participating outlets include *Amore Living, Eu Yan Sang, Four Seasons Organic Market & Café, Guardian Pharmacy, Hockhua Tonic, Metro, Popular Bookstore, Sinchong. V.hive* and *ZTP Ginseng Birdnest* where they will offer attractive discounts for selected items. Shoppers visiting the mall during lunchtime on weekdays can enjoy complimentary parking or they can choose to take a free shuttle bus to City Square Mall from any one of six convenient locations - Toa Payoh, Novena, Paya Lebar, Lavender, Tanjong Rhu and Raffles Place. For more information on City Square Mall's shuttle bus service, please visit www.citysquaremall.com.sg. Regarding promotions and events for Kids' Wellness Fairs, please refer to Annex A.

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About City Square Mall

City Square Mall is located at the junction of Serangoon and Kitchener Roads and is directly connected to Farrer Park MRT station. Owned by City Developments Limited, City Square Mall is one of the largest malls in Singapore with 700,000 sq ft of gross retail space. As Singapore's first eco-mall, City Square Mall is integrated with a 49,000 sq ft urban park named City Green. Home to 200 tenants that cater to the lifestyle needs of everyone in the family, the mall is envisioned as a miniature 'town-centre' which provides the perfect setting for the community to meet, play and shop while acquiring an eco-learning experience. For more information on City Square Mall, please visit www.citysquaremall.com.sg

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Annex A

a. Wellness & Health Activities

S/N	Date	Activities / Talks	Time	Venue
1	24 September – 3 October	“Kids’ Wellness Fair” Parents can learn to alleviate their kids’ fatigue and recharge them with a wide array of wellness products, supplements and deals from Amore Living, Eu Yan Sang, Four Seasons Organic Market & Café and Sinchong.	10.00am - 10.00pm	Level 1 Atrium
2	24 – 30 September	“FairPrice Wellness Fair” Get a range of health supplements for every need to put the entire family in good health. Enjoy great offers and deals during the fair.	10.00am - 10.00pm	B1 Atrium
3	25 September	“Keeping Examination Anxiety at Bay” Attend the mental wellness talk for tips from the experts on how best to deal and prevent unnecessary stress during this crucial period.	2.00pm - 3.00pm	Level 1 Atrium
4	26 September	“Eating to be a Healthy and Smart Child” Make healthy habits lifelong at this nutrition talk where parents and kids can get tips on healthy eating habits to stay in the pink of health.	2.00pm - 3.00pm	Level 1 Atrium
5	2 October	“Traditional Chinese Medicine Therapy Talk” Attend this beneficial talk on health and common child diseases to receive tips on getting healthy naturally through traditional Chinese methods. For registration or more information, please call 6509 6318 or email to scmeheco@singnet.com.sg	4.00pm - 5.30pm	Level 1 Atrium

b. Education Fair

S/N	Date	Fairs	Time	Venue
1	24 – 26 September & 1 - 3 October	“Magic Fiddler” Trial classes at a discounted price of \$20 (U.P. \$40) and waiver of registration fee (U.P. \$45) at Magic Fiddler. Children will receive free coloured student violin for new sign-ups (2 semesters).	10.00am - 10.00pm	B2 Atrium
2	24 – 26 September & 1 - 3 October	“Genius R Us” Parents and children can enjoy healthy ice cream making workshops by Genius R Us. Each 1.5-hour session will be at \$58.80 (U.P. \$70) for 1 parent & child or \$28.80 (U.P. \$42) for 1 child. Age limit ranges from 3 to 12 years old. Parents required for kids below 5 years old.	10.00am - 10.00pm	B2 Atrium
3	24 – 26 September & 1 - 3 October	“Leap SchoolHouse” Engage young learners through a variety of stimulating activities with Leap SchoolHouse. The first 20 students who sign up will receive a free set of uniform. Other promotions include 40% off trial class lesson for non-holiday programmes. For Nov/Dec Holiday programmes, enjoy waiver of registration fee.	10.00am - 10.00pm	B2 Atrium
4	25 September & 2 October	“Elan & Soma Schools” Enjoy a free interactive seminar at Elan & Soma Library on “The Impact of Pollution on our Health” for Primary school children and parents. Limited to first 20 sign-ups. Pre-register at elan_info@elanschool.com.sg .	3.00pm - 4.00pm	#05-01

c. Others

S/N	Date	Promotions	Time	Venue
1	24 September – 3 October	“Metro Hot Wheels Fair” Kids can have fun playing and racing the Singapore’s longest Hot Wheels 10-metre mega racetrack. The top 3 fastest racers to beat the Hot Wheels timing will receive a Hot Wheels Hamper worth \$100. Additionally, for every \$10 spent on Hot Wheels basic cars or track set, shoppers will receive a free Hot Wheels acrylic box	10.00am - 10.00pm	Level 1 Atrium
2	24 September – 17 October	“Stress Buster Deals” Participating outlets will offer attractive offers on selected items ranging from price deals, vouchers and discounts of up to 45%.	10.00am - 10.00pm	Selected tenants
3	24 September – 17 October	“Free Weekday Lunchtime parking” Enjoy free weekday lunchtime parking from 12pm to 2.30pm (except public holidays).	12.00pm - 2.30pm	-

*Terms and conditions apply.