

RGB Fun Casual Walk (FCW) on 26th July 2019

PROGRAMME FOR THE DAY



Heritage Fun Casual Walk 2019



Date | 26/ 7 /2019, Friday

Time | 4.45PM - 6.30PM

Venue | Esplanade, Penang

Time	Event Details
4.45 PM - 5.15 PM	Begin Icebreaker Game
5.15PM - 5.30 PM	Announce Winners of the Day.
5.30 PM - 6.30 PM	Fun Walk
6.30PM	End of Event

In conjunction with Georgetown World Heritage City Day on 7th July 2019, Sunday to commemorate the inscription of George Town as a UNESCO World Heritage Site on 7 July 2008, CSR event organiser Miss Chuah Tong Yi, was pleased to organise the Fun Casual Walk event on 26th July 2019 starting from 4.45 PM to 6.30 PM. Approximately 40 participants from RGB HQ & Prai attended the fun casual walk event.

Objectives of organising this event are:

1. To encourage and motivate RGB staff through physical activities.
2. To build a good rapport among co – workers.

The CSR Fun Casual Walk (FCW) event began with a simple Ice Breaker Game : Head, Shoulders, Knees, Toes and Cones. Thereafter, winners of the day were announced and each winner was presented with a gift by the organiser. The participants assembled at Esplanade, Penang for group photos before the commencement of the walk which flagged off around 5.30 PM. The fun walk took about 1 hour to complete, followed by simple stretching exercises with relaxing music, led by the organiser. The event ended with distribution of snacks to all participants.



RGB colleagues assembled at Esplanade Penang before the commencement of CSR Fun Casual Walk



**Ice Breaker Game: Head, Shoulders, Knees, Toes and Cones
5 participants per team took part in the game.**



The volunteers (From left: Teoh Jie Hui, Lam Shi Yin) & the organizer (Chuah Tong Yi)



Announcement of the winners for the Icebreaker Game.

CSR event organizer, Miss Chuah Tong Yi presented each winner with a gift.

From Top Left : Lam Shi Ying, Nathan, Henry Tan

From Bottom Left : Poey Jason, Seah Kai Lun, Yeong Yeong, Chuah Tong Yi (green attire)



All participants walked 3 rounds at Esplanade, Penang for the Fun Casual Walk.



Stretching class was led by the organiser, Miss Chuah Tong Yi