

WELCOME TO THE J•WALKERS FAMILY

You've taken the first step towards a healthier lifestyle. J•Walkers is a 2.5km walking route that links Ng Teng Fong General Hospital (NTFGH) with Westgate, Jem and IMM via the J-Walk elevated pedestrian network. It will take you about 30 minutes and 3,000 steps to complete the route in a sheltered, comfortable and safe environment.



POINTERS FOR WALKERS

J•Walkers is a monthly walk for NTFGH and JCH patients and community participants. Only registered J•Walkers may participate in the monthly walk.

J•Walkers will be held on the last Saturday of every month at 7.30am. Date is subject to change.

Participants will receive monthly registration notification via SMS, WhatsApp and/or email.

Each session is limited to a maximum of 60 walkers on a first-come-first-served basis.

Participants will be rewarded with gifts after completing 4 walks.

Follow the route and instructions from the appointed team leader(s).

Wear a pair of comfortable shoes and bring along the J•Walkers sling bag and water bottle.

Please rest at home if you are unwell.

The Organiser shall not be responsible for any losses or harm that participants may suffer as a result of or which arise in connection to the activity.

Happy Walking!

Contact us at jhcampus_jwalkers@nuhs.edu.sg



PUT YOUR BEST FOOT FORWARD AND WALK YOUR WAY TO BETTER HEALTH!

MEETING POINT

WESTGATE, LEVEL 1

(Facing 24-Hour Linkway to Boon Lay Way)



Join us for our monthly walk!

In Partnership with



An Initiative by



Let's Walk!



You Are Halfway There!!

You Did It!!!

Enjoy your Kopi Siew-Dai. See you next month!



START
WESTGATE

250 STEPS

JEM

700 STEPS

WESTGATE

1,600 STEPS

NTFGH TOWER A

2,100 STEPS

IMM

3,200 STEPS

NTFGH TOWER B

END



1

Westgate Level 1 (Facing 24-Hour Linkway to Boon Lay Way)

2

Jem Level 1

3

Westgate Level 1

4

Westgate Level 2

5

NTFGH Tower A Level 2 (Link Bridge)

6

IMM Level 2 (Link Bridge)

7

IMM Level 1

8

IMM Level 2

9

NTFGH Tower B Level 2 (Healthy Kopitiam)

