

HEALING THROUGH MOTION: INSIGHT FROM PHYSIOTHERAPY TECHNIQUES

On 5 November 2023, from 9am to 12pm, 7 FBF staff, 2 UTAR students and 1 KRT member had participated in the physiotherapy session at Sport Arena Kampar, Tin Village, 1st Floor, Jalan Batu Karang, Off Jalan Batu Sinar, Kampar, Malaysia.

One of our primary goals is to increase public understanding of health issues. They aimed to achieve this by educating people on how the human body should operate, both in theory and in practice. As part of our efforts, we also engage our staff in meaningful activities to foster a sense of a healthy lifestyle, and they collaborate with external parties to organize events that promote social interaction and connection.



In addition to these initiatives, we are committed to improving good health and well-being, and we achieve this through the UTAR community outreach program. This program enables us to maintain community sustainability by providing education and resources on health-related topics to people in our local area. By working together with the community, we can help to create a healthier, happier, and more connected society.

