



Dear \$[FNAME]\$,

In line with this year's International Women's Day last weekend, the Women's Weekend in Woodlands and SG Women's Festival were held to celebrate and empower women of the community.

Find out more about Sembawang GRC "Garden Gives Back" project led by residents for needy residents.

This month, Sayang Sembawang is holding a "March On, Sembawang" campaign. Simply share with us a neighbour that made an impact in your life and you would like to compliment! You and that special neighbour stand a chance to win attractive prizes.

Stay tuned to our weekly highlights for more news closer to home. Join our [Telegram channel](#), follow us on [Facebook](#) and visit our [blog](#).

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## Women's Weekend in Woodlands

The Women's Weekend in Woodlands (WWW) kicked off on 6 March 2021. Check out these activities lined up in Sembawang GRC over the weekend.

### Sunrise Yoga



*Photo Source: Mariam Jaafar's Facebook page*

WWW started with a sunrise yoga session, led by Dr Marlene Teo, at Woodlands Waterfront Park. MP for Sembawang GRC (Woodlands), Ms Mariam Jaafar, joined in the event with other female participants.

See what went down during the event [here](#).

### Dress For Success Donation Drive



*Photo Source: Mariam Jaafar's Facebook page*

Leading up to WWW, a pre-loved clothes donation drive was held from 27 February to 2 March. This initiative aims to help women dress for success in finding jobs for themselves, and also keeping in line with the theme of sustainability. Ms Mariam, alongside other volunteers, helped women style outfits to complement their personalities.

### Power Up Ladies!



*Photo Source: Ms Poh Li San's Facebook page*

What better way to feel empowered than by exercising? Joined by MPs for Sembawang GRC, Ms Mariam Jaafar and Ms Poh Li San, together with women of Sembawang GRC, it was a fun-filled day with Zumba, Piloxing, Circuit Challenge and Yoga.

## SG Women's Festival



*Photo Source: Poh Li San's Facebook page*

This year's SG Women's Festival was held on 7 March 2021 on Facebook livestream. Organized by Sembawang GRC, the seminar included live panels and workshops covering an array of holistic topics from health to financial well-being. These talks aimed to inspire and empower women to live better and live confidently.

Watch the full seminar [here](#).

## Sembawang West & Sembawang Central Recycling Events (6 March 2021)



On 6 March 2021, in commemoration of International Women's Day and partnering with SembWaste Pte Ltd, Sembawang Central and Sembawang West held a recycling drive respectively. MPs for Sembawang GRC, Ms Poh Li San and Minister Ong Ye Kung also joined in the events, collecting recyclables from residents.

## Garden's Give Back Project



**Photo Source:** Poh Li San's Facebook page

Sembawang GRC “Gardens Give Back” Project was launched on 28 February 2021. This initiative was brought about by some 250 residents working across 23 community gardens in Sembawang GRC who will be donating their harvest to needy residents over the next year.

Find out more [here](#).

Be a part of the project-- find out more in the poster below:

# GARDENS GIVE BACK!

@ SEMBAWANG GRC

Gardens Give Back is initiated by residents from 23 Community Gardens in Sembawang GRC where they will grow vegetables and share their harvest with needy and elderly homes on a regular basis.

You can also be part of Gardens Give Back! Grow your vegetables at home and share your harvest with your neighbours.



## FREE PLANTING KIT FOR FIRST 500 HOUSEHOLDS!

### Step 1:

Like our 'Sembawang GRC Gardeners' Network' Facebook page

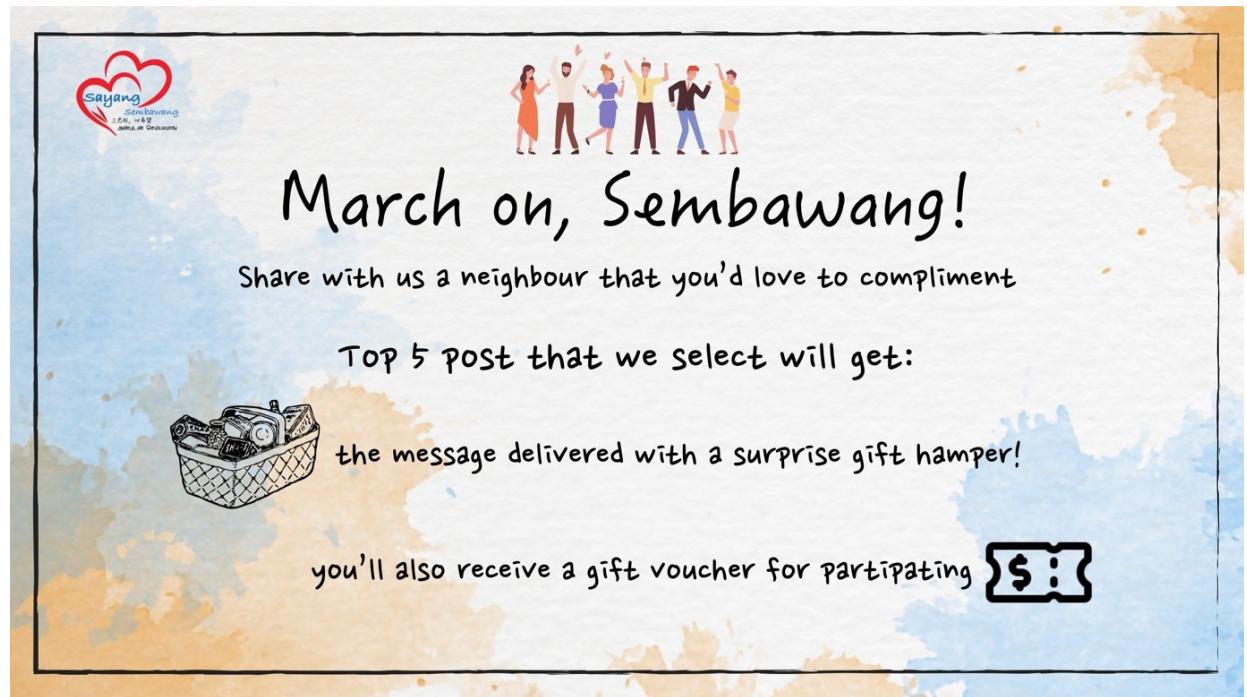


### Step 2:

Scan QR code to register  
Remember to 'JIO' (invite) your friends too!



[March On, Sembawang Campaign](#)



Participate in our "March On, Sembawang" Campaign to spread positivity in the neighbourhood you live in! Simply write in to share with us a neighbour that you would love to compliment [here](#).

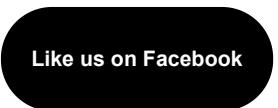
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## A Hidden Wonderland (Photo Essay by students of Republic Polytechnic)

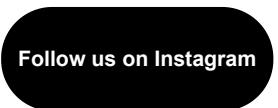


Students from Republic Polytechnic shared with us why Jelutong Harbour Park is one of the most exciting additions in Sembawang GRC.

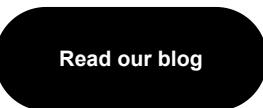
Check out their photo essay [here](#).



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