5 THINGS YOU CAN DO TODAY

1. Register for a talk on Saturday to learn about how to monitor your health. The talk will be conducted in Mandarin. Health Promotion Board, multi-purpose hall, level 6, 3 Second Hospital Avenue. Sept 22, 2pm-5pm. Fee: $5. Call 6496-6915 to register.

2. Attend a recital by Yong Siew Toh Conservatory student Huynh Son Thuc Anh. NUS, Conservatory Concert Hall. 6.30pm. Free. Log on to http://music.nus.edu.sg for more details.

3. The Diabetic Society of Singapore is seeking volunteers who can sew and like to contribute to its arts & crafts project for a good cause. For more information, call Yvonne Chia on 6450-6132 or 6450-6131, or visit www.diabetes.org.sg


5. Learn about batik at an exhibition. Singapore Management University Campus Green and Gallery, 80 Stamford Road. 10am-7pm. Free. E-mail tzee@tamangallery.com or call 9836-1197 for more details.

If you are organising an event open to the public, tell us about it. Send details about the event, your name and contact details to F.Y.I. The Straits Times, 1000 Toa Payoh North, Singapore 318994. Fax to 6319-8274 or e-mail: sffy@sph.com.sg