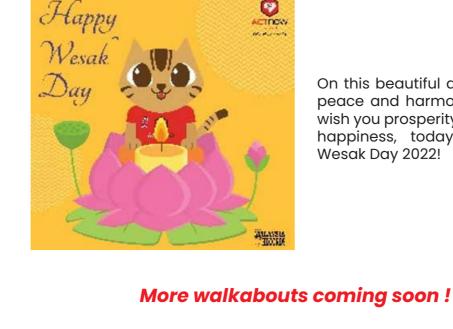


ACTnow's Note



happiness, today and always. Happy Wesak Day 2022!

On this beautiful day, let us pray for love, peace and harmony in all the world.. We wish you prosperity and lasting peace and

Loke, Chief of CRSM Wilayah Persekutuan respectively. Walkabouts will be a part of the program regulrly conducted as per understanding during the the MOU Signing Ceremony on 21st April 2022 previously.

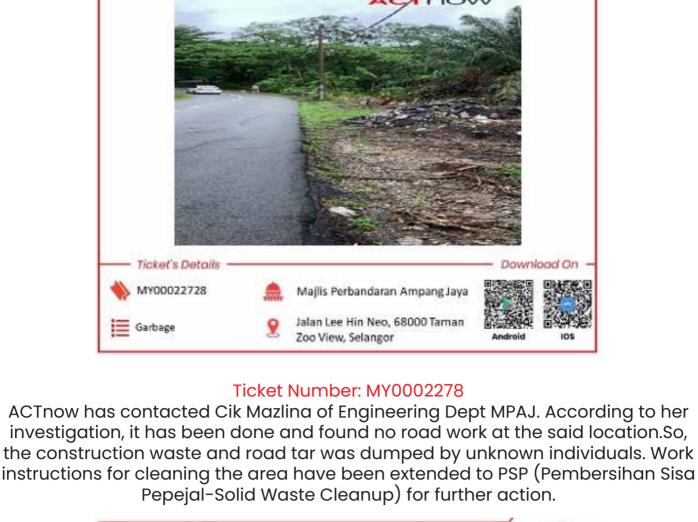
In the month of May 2022, ACTnow will be conducting two walkabouts in Selangor and Wilayah Persekutuan led by Mr.Ch'ng Soo Chau, Chief of CRSM Selangor and Mr. Steward

On 24th April 2022, ACTnow has successfully obtained a national record as the "First To Organise Constituent Walkabout Simultaneously" recognized by The Malaysia Book of Records. The listing and recognition of the achievement is ranked as a national record-holder and placed amongst the 'Best of the nation'. To the readers who would like to join us on these meaningful cause and inititatives, feel free

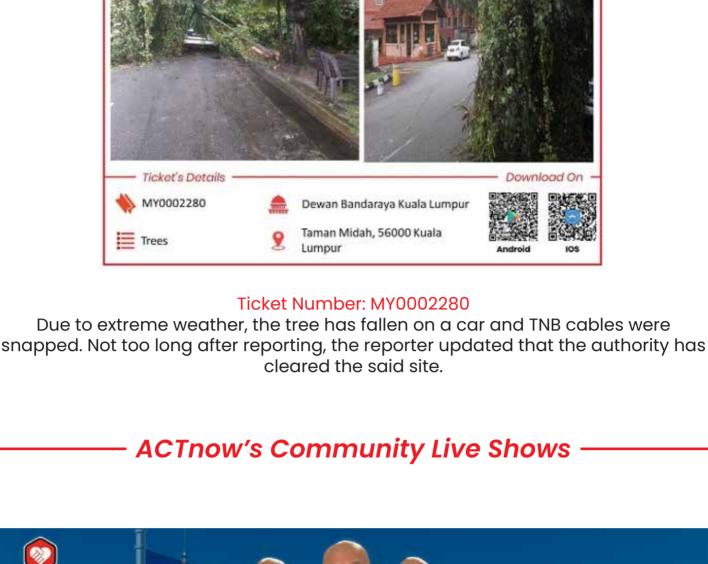
to contact us and you're more than welcomed to participate in these two walkabouts.

Ticket Highlight

Mysterious dumping by who?



Fallen Trees and TNB Cable snapped!





Season 2: Dr. ACTnow Live Talk Show Dr ACTnow is a program to address medical & fitness issues co-hosted by Prof

Dr Shamsul Azhar Shah. Season 2 is back with the topic Covid-19 101 - Living with Endemic. Professor Dr Shamsul as a co-host and his medical team, 10 doctors as special guest, will be conducting 20 episodes on Covid-19 related topics. This program will be aired every Tuesday and Thursday, 12 noon starting from 05 April 2022.

Meor Addelan

Program baharu membincangkan tentang isu perubatan dan kecergasan diri. Ikuti kami untuk mengetahui dengan lebih lanjut

> Tonton di ACTnow Trooper setiap Selasa & Khamis

Rancangan bual bicara akan dijalankan dalam Bahasa Inggeris dan Bahasa Melayu

Musim-2

Upcoming Schedule

ACTnow Trooper

Upcoming Schedule

DearACTnow (Mandarin)

Topic for

Monday, 9 May 2022

Dear ACTnow (Mandarin) Every Monday @ 9PM

Dear ACTnow (Bahasa Melayu) Every Tuesday @ 9PM Dear ACTnow (English) Every Thursday @ 9PM

Topic for 12PM, Tuesday, 10 May 2022 10/05: Working safely - Part 2 12/05: Bersukan dan riadah 12PM, Thursday, 12 May 2022 Watch every Tuesday & Thursday @ 12PM on ACTnow Facebook Page Schedule **Our Hosts** May 2022 11 12 **Another ACTnow Community Project**

June 2022

July 2022

SUN MON THE WED THU FRE SAT

DearACTnow Live Talk Show

DearACTnow is a live show addressing mental health as well as acting as a platform which the public can reach out to for a counseling session while staying anonymous. Write to us at dearactnow@gmail.com!

> 05My boss is a very typical Chinese business man who does not prioritise the mental health Of

> his workforce, and tend to lowball our pay. I have

to admit that I have learned a lot from him and

account is active! Now,

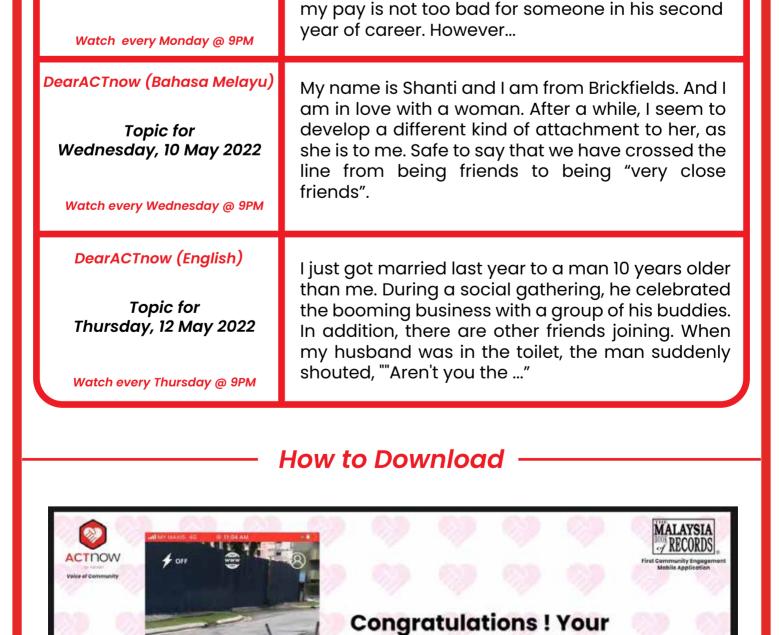
let's try to make a report!

💠 🖪 🗆

Android

Download Now

Our Panel of Mental Health Professionals





Watch Here: https://www.youtube.com/watch?v=1lHctfwMKqo

Massimo New Packaging

How to download and register ACTnow [ENG Subtitles]

Tune to DearACTnow this Wednesday ,12/1/22 @ AC...

Sampah tak clear





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ACTNOW

First Community Engagement Mobile Application ACT NOW SDN BHD (13211403-M)

