



INSTITUT JANTUNG NEGARA
National Heart Institute

MEDIA RELEASE

FOR IMMEDIATE RELEASE

JOIN IJN FOR WORLD HEART DAY 2025: IT'S NOT JUST A GAME, IT'S ABOUT YOUR HEART! AT THE CURVE

Heart-healthy activities, family fun, and health screenings from 24th to 28th September 2025, 10AM to 10 PM.

Kuala Lumpur, 24 September 2025 – Get ready to spark some heart-healthy changes as Institut Jantung Negara (IJN) celebrates World Heart Day 2025 at The Curve! Running from 24th to 28th September 2025, this week-long event themed 'It's Not Just a Game, It's about Your Heart!' promises an exciting mix of activities for all ages. It's a fun, interactive, and educational event designed to help Malaysians take charge of their heart health.

Held at The Curve, the event features a variety of health and wellness activities, fitness challenges, kids' fun, and even a heart games and cooking competition! Whether you're looking to check your heart health, learn CPR, or simply enjoy a day out with family, there's something for everyone.

Families can look forward to plenty of Kids Activities, where the little ones can have fun while learning about heart health through creative and engaging activities such as coloring and heart-themed games. There will also be a CPR Demonstration where trained professionals will show you how to perform CPR, empowering everyone with the essential skills that could save a life in an emergency. Fitness enthusiasts won't want to miss out on the Red Light Green Light, K-Pop Zumba and Capteh Challenge, ideal for anyone looking to get active and boost their heart health.

Visitors will also have the chance to take part in heart screenings, including Electrocardiogram (ECG) and Echocardiogram (ECHO). These screenings can make a big difference in preventing heart disease, with IJN's team of experts on hand to provide guidance on the results. One of the event's most exciting activities is the Wholesome Meal Challenge, where home chefs will compete to prepare heart-healthy, budget-friendly dishes using a budget of RM50 within 90 minutes.

The fun doesn't stop there, visitors can also participate in daily games and quizzes for a chance to win exciting prizes like heart-healthy products, merchandises and more! Event partners such as Libroff, Blackmores, Nestle Omega Plus, Kitchen Shop, Viatris, Mamee, Ogawa, HHH.MY Fat Bike Specialist and Adabi will also be showcasing heart-friendly products and offering exclusive deals throughout the week.

Entry is free, and there's something for everyone—so don't miss this heart-pumping event! Whether you want to get your heart checked, enjoy some fun with the family, or learn something new, this is the perfect place to start your journey toward a healthier heart.

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BEYOND
your HEART



ABOUT IJN

Institut Jantung Negara (IJN) is Malaysia's only discipline-specific heart specialist facility and one of the largest medical institutions in Malaysia. Set up in 1992, IJN is dedicated to the management and treatment of heart diseases by providing cardiology, paediatric cardiology and cardiothoracic surgery services for adults and children and to date, it has treated over 5 million heart patients.

After 3 decades of its establishment, IJN is reckoned to be among the best medical centres for cardiovascular and thoracic care in Malaysia and the region. IJN has kept abreast with the latest medical advances, from handling a simple hole in the heart surgery to heart and lungs transplantations.

As Malaysia's premier and South East Asia's largest Cardiac Centre, IJN is aggressively growing its presence, locally and regionally, on the back of a proven and respected brand name synonymous with quality heart healthcare.

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