



YAKULT (MALAYSIA) SDN. BHD. (198701004888)
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Press Release

Yakult Empowers Bintulu Community Through “Happy Gut, Happy Family” Health Initiative

BINTULU, 20 June 2026 - Yakult (Malaysia) Sdn. Bhd. successfully organised the “Happy Gut, Happy Family” community event at Boulevard Shopping Mall, Bintulu this morning, attracting more than 100 people. The event aimed to raise public awareness of gut health, mental well-being, and healthy lifestyle practices through a variety of interactive activities and educational sessions conducted by healthcare professionals.

This programme received strong support from Kemena Pacific Hospital, My Art Studio, Caring Pharmacy, Pejabat Kesihatan Bahagian Bintulu, and Perfect Vision, all working together to promote greater health awareness within the community.

One of the key highlights of the event was an insightful sharing session by Dr. Saira Shabli, Consultant Internal Medicine Physician at Kemena Pacific Hospital, Bintulu. With more than 10 years of clinical experience and professional training in the United Kingdom, Dr. Saira shared practical insights on improving children’s gut health, managing nutritional intake scientifically, and cultivating healthy daily habits. Her engaging and informative presentation was well received by participating families.

In addition, several participating organisations set up educational booths and offered on-site health consultation services. The Mental Health Awareness Booth by Kemena Pacific Hospital actively promoted mental health literacy and encouraged the public to prioritise a healthy balance between physical and mental well-being. Nutritionists from Pejabat Kesihatan Bahagian Bintulu engaged with parents through professional consultations and interactive activities, promoting healthy eating habits and providing practical guidance on daily nutrition and healthier food choices.

Meanwhile, Caring Pharmacy offered complimentary basic health screenings, including blood pressure and blood glucose tests, Body Mass Index (BMI) measurements, and muscle strength assessments, allowing participants to gain a better understanding of their overall health status. Perfect Vision provided complimentary auto-refractor eye screening services to help participants conduct preliminary vision and eye health assessments. Together, these initiatives contributed to a more holistic approach to community health and well-being.

To further energise the event atmosphere, DZ Fitness was invited to lead an energetic Zumba session, encouraging participants to stay active through fun and engaging exercise. The session also highlighted the importance of regular physical activity in maintaining gut health, as exercise supports the balance of gut microbiota, promotes overall wellness, and strengthens immune function.

Several engaging mini games were also organised, enabling participants to learn about probiotics, understand how the digestive system functions, and explore healthy eating concepts.



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Adding a creative touch to the event, My Art Studio conducted an exclusive Perler bead craft workshop for 15 pairs of participants. Under guided instruction, participants created their own Yakult-themed keychains while enjoying quality bonding time with their family members. These handmade keepsakes also serve as a meaningful reminder to maintain the healthy habit of consuming Yakult daily. The event concluded with a highly anticipated lucky draw session, where attractive prizes were presented to enthusiastic participants, bringing the programme to a memorable and successful close.

Although the on-site event has ended, the journey towards better health continues. To encourage participants to incorporate healthy habits into their daily lives, Yakult Malaysia has launched the “Post-Event Challenge: 5 Days to a Happier Gut”, inviting Bintulu residents to continue their healthy living journey. Participation is simple yet engaging. Participants are required to complete a designated daily challenge for five consecutive days and share their challenge updates or check-ins on their personal Facebook or Instagram accounts (set to public), while tagging the official Yakult Malaysia account and the designated campaign hashtags.

At the end of the five-day challenge, five winners will be selected based on the campaign criteria and stand a chance to receive attractive prizes, including Touch 'n Go eWallet reloads worth RM150, RM100, and RM50, as well as exclusive Yakult tumblers and double-layer lunch boxes. Through this interactive five-day challenge, Yakult Malaysia hopes to make healthy living more enjoyable and sustainable while encouraging families to embrace the “Happy Gut, Happy Family” concept as part of their everyday lives.

According to Ms. Mazlyn Mena, Associate Director of the Public Relations and Science Division of Yakult (Malaysia) Sdn. Bhd., who delivered the closing speech at the event, “Happy Gut, Happy Family is more than just a health awareness programme. It serves as an important platform that brings together the community, families, and healthcare professionals. We are especially grateful to our event partners for their active participation and valuable contributions, which have enriched the event through professional expertise and engaging experiential activities.”

“Through collaboration with various organisations, health knowledge can be communicated more effectively to the public and translated into practical habits for everyday life. More importantly, bringing health and happiness to people through initiatives such as this remains at the heart of Yakult’s corporate philosophy,” she added.

Yakult Malaysia extends its sincere appreciation to all participants, exhibitors, and partners for their overwhelming support. Special thanks are also extended to the event sponsors, namely Tong Seng Huat Rice Trading Sdn. Bhd., MOMAwater Sdn. Bhd., and HS Little Shop, for their generous contributions and support.

The collective efforts and active participation of all parties involved have marked another meaningful step towards building a healthier and more health-conscious community, one that recognises the importance of good health starting from the gut.



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This Corporate Social Responsibility (CSR) initiative reflects Yakult's longstanding corporate philosophy of "bringing health and happiness to people around the world". It also demonstrates the company's continued commitment to raising public awareness of gut health, supporting intestinal well-being, and promoting healthier lifestyles for communities nationwide.

For more information about Yakult's activities, please visit the official Yakult Malaysia website www.yakult.com.my



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