



ESSENTIAL UNDERSTANDING OF TRADITIONAL CHINESE MEDICINE (TCM)

An 8 Module course that helps seniors to have a holistic overview of the TCM relating to health and wellness. The modules will cover deeper insights and provide hands on knowledge and skills they can apply for daily health from the senior's perspective.

Course Description

Interesting highlights of the programme include:

- Fundamental understanding of TCM concepts and theories
- The diagnostic process of TCM
- Applications of yin-yang & five elements theory in the field of TCM
- The TCM's notions of the human body and its essential material foundation
- Factors contributing to different body constitutions
- How does TCM perceive causes of disease and the etiology
- The TCM ways of wellness and health preservations

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Application Procedure

You can apply through one of the following ways:

- 1) Application can be made personally at [Family Central](#)
- 2) SMS to 9137 8336 (Full name + NRIC + Course Name + Run No.)
- 3) Email to mandywong@fyca.org

Payment Procedure

Payment can be made via cheque, cash or NETS.

(Payment is required for confirmation of place.)

1. All information is accurate at the point of printing and distribution, and subjected to changes without prior notice.
2. The organiser reserves the right to postpone or cancel the programme due to unforeseen circumstances or low enrolment.

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Class Details

Course Date:

2, 16, 23, 30 August,
6, 13, 20, 27 Sept 2017 (Wed)

Time:

10.00am – 12.30pm

Closing Date for Registration:

19th July 2017

Venue:

298 Tiong Bahru Road,
#18-01 Central Plaza,
Singapore 168730

Duration

20 hours (8 sessions)

Course Fee

Fees Payable: **\$90**

(Can be paid with SkillsFuture Credit. Contact 65936472)

Pre-requisites

- a) 50 years old & above
- b) Singaporean or Singapore PR
- c) Must be able to read, understand and converse in simple English