



## BETTER HEALTH THROUGH FREE FLOW OF MERIDIANS

Introductory to the meridians theory and the composition of the meridians systems. Hands-on scrapping or guasha techniques. Seniors will apply such practical knowledge to take charge of their physical health and be mindful of their physical wellness.

### Course Description

Interesting highlights of the programme include:

- Introduction of Meridians Theory
- Physiological functions of the body's Meridian System
- Running routes of the Fourteen Meridians
- Brief introduction of Scrapping or Guasha 刮痧 techniques
- Allocating the positions of the body's key acupoints
- The dos and don'ts of applying Guasha technique
- Application of Guasha technique to manage common body discomfort

*(Not suitable for those who are familiar with the description mentioned above. Please note that this is a basic course.)*

Back to National Silver Academy Course Listing – [Click here](#)

#### 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@fycs.org](mailto:mandywong@fycs.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:

4, 11, 25 Oct,  
1, 8, 15, 22, 29 Nov 2017 (Wed)

#### Time:

10am – 12.30pm

#### Closing Date for Registration:

20<sup>th</sup> Sept 2017

#### Venue:

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

#### Duration

20 hours (8 sessions)

#### Course Fee

Fees Payable: **\$96**

**(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

As part of:

**Silver**  
NATIONAL  
ACADEMY

Organised By:

**family**  
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