



TCM Acupressure Massage

Massage provide great relief for people who suffer from chronic pain and this effect can be enhanced through the understanding of TCM meridian theory and massaging at or along the acupoints with proper application of the acupressure techniques. Massage also improves circulation by increasing blood flow, as well as promotes relaxation and helps relieve emotional stress and anxiety.

Course Description

Interesting highlights of the programme include:

- The origin of tuina/massage
- Therapeutic effects of tuina/massage
- The significance and effects of different massage strokes
- Definition and functions of foot reflexology
- The beneficial effects of foot reflexology
- Appreciating the body's key reflexology points
- Self-massage to manage pains/aches through the appreciation of reflexology points and massage techniques

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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 9129 9100 (Name + NRIC + Course)
- 3) Email to lindachui@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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As part of:

Silver
NATIONAL
ACADEMY

Organised By:

Family
Central
a member of the Community Services

Administered By:

C3A
Ageing Well

Class Details

Course Date:

Nov 8, 15, 22, 29
(Wednesday)

Time:

1.30pm to 4.30pm

Closing Date for

Registration:

2 Oct 2017

Venue:

MindChamps
480 Lorong 6 Toa Payoh
#17-01, HDB Hub East
Wing, S(310480)

Duration

12 hours (4 sessions)

Course Fee

Fees Payable: \$48

(Can be paid with Skills
Future Credit)

Pre-requisites

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