



## Eat for Wellness – Herbal Diet (Part 2)

In Traditional Chinese Medicine, food is viewed as a type of medicine used to nourish and harmonize the body, mind and soul. By understanding the TCM approach in herbal diet, it helps in illness prevention and minimise and draw out the therapeutic qualities.

### Course Description

Interesting highlights of the programme include:

- Knowledge of fundamental of Wellness through daily diets
- The common foods with good nutrition medicinal effect
- Diet for a Beautiful you
- Diet for a Healthier you

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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 8123 7802 (Name + NRIC + Course Title)
- 3) Email to [stellang@fyca.org](mailto:stellang@fyca.org)

### Payment Procedure

Payment can be made via cheque, cash or NETS  
(Payment is required for confirmation of place)

### Class Details

#### Course Date:

7, 14, 21, 28 March 2018  
(Wednesdays)

#### Time:

9.30am to 12.30pm

#### Closing Date for Registration:

28 February 2018

#### Venue:

To be confirmed

#### Duration

12 hours (4 sessions)

#### Course Fee

Fees Payable: \$56

(Can be paid with SkillsFuture 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

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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