



ESSENTIAL UNDERSTANDING OF TRADITIONAL CHINESE MEDICINE (TCM)

Good health has been a subject pursued eternally by humanity. Contemporary health ideology speaks of a completely sound somatic, spiritual and social condition. More than 2000 years ago, Chinese physicians were the first to point out two treatment ideologies; 1) preventive treatment before the offset of any illness 2) the moment an illness breaks out, to prevent it from escalating.

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 8123 7802 (Name + NRIC + Course + Run number)
- 3) Email to Stella Ng at stellang@fyccs.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:

17, 24, 31 August,
7, 14, 21, 28 September,
5 October 2018 (Fridays)

Time:

10.00 am to 12.30 pm

Closing Date for Registration:

10 August 2018

Venue:

298 Tiong Bahru Road,
Level 10 Training Rm 1,
Central Plaza, Singapore
168730

Duration

20 hours (8 sessions)

Course Fee

Fees Payable: **\$90**

(Can be paid with
[SkillsFuture Credit](#). Contact
65936457)

Pre-requisites

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

As part of:

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