



Active Nutrition for Active Seniors

Being healthy has a direct relation to quality of life and employability for the active senior citizen. This course will teach seniors appropriate nutrition strategies to cope with the rigors of an active lifestyle.

Course Description

Interesting highlights of the programme include:

- Understanding Physiological Adaptations to Ageing
- Understanding Recommended Daily Intake
- The Nutrient Balance
- Putting together a food diary and dietary analysis

At the end of this course participants will better understand the types of nutrients and their role in the maintenance of health. Plan a balanced lifestyle appropriate dietary regime.

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

Application Procedure

Application can be made at Fei Yue@Hougang Dewcourt
Blk 376C Hougang Street 32 #01-32 S(533376)
Tel: 62024698

Payment Procedure

Payment can be made via cheque & cash.
(Payment is required for confirmation of place.)

Class Details

Course Dates:

6, 13, 20, 27 October 2018
3, 10 November 2018

Day & Time:

Saturdays, 10am to 1pm

Closing Date for Registration:

28 September 2018

Venue:

Fei Yue@Hougang Dewcourt
Blk 376C, Hougang Street 32
#01-32 S(533376),
Tel: 62024698

Duration

18 hours (6 sessions)

Course Fee

Fees Payable: **\$96**
[\(Can be paid with SkillsFuture Credit\)](#)

Applicants who make a false declaration to enjoy subsidy will be subjected to paying up the full course fee.

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.