



TCM Acupressure Massage

Understand TCM meridian theory and massaging at or along the acupoints with proper application of the acupressure techniques. Massage also improves circulation as well as promotes relaxation and helps relieve emotional.

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

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 8123 7802 (Name + NRIC + Course Title)
- 3) Email to stellang@fycs.org

Payment Procedure

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

Class Details

Course Date:

6, 13, 27 March, 3 April 2019
 (Wednesday)

Time:

9.30 am to 12.30 pm

Closing Date for Registration:

Till class is full

Venue:

To be confirmed

Duration

12 hours (4 sessions)

Course Fee

\$75.60 (inclusive of GST & after NSA subsidy)

Fees Payable for limited period: \$56

(Can be paid with SkillsFuture Credit. Contact 65936457)

Participant who provides false particulars will have to pay 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.

© Copyright Family Central. All Rights Reserved.

As part of:

Silver
 NATIONAL
 ACADEMY

Organised By:

family
 Central
a service by Fal Yau Community Services

Administered By:

C3A
 Ageing Well