



## Active Nutrition for Working Seniors

Being healthy has a direct relation to employability for the working senior citizen. This course will teach seniors appropriate nutrition strategies to cope with the rigors of their professional life.

### 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:

7, 14, 21, 28 September 2019  
5, 12 October 2019

#### Day & Time:

Saturdays, 10am to 1pm

#### Closing Date for Registration:

5 September 2018

#### Venue:

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

#### Duration

18 hours over 6 sessions

#### Course Fee:

\$108 (inclusive of GST & after  
NSA subsidy)

**Now you pay: \$80**

**(Can be paid with SkillsFuture  
Credit.)**

*Participants who provide false particulars  
will have to pay the full course fee*

#### Pre-requisites

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

- All information is accurate at the point of printing and distribution, and subjected to changes without prior notice.
- The organiser reserves the right to postpone or cancel the programme due to unforeseen circumstances or low enrolment.

As part of:



Organised By:



Administered By

