



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

Back to National Silver Academy Course Listing – [Click here](#)

Application Procedure

- 1) Application can be made personally at **Fei Yue Senior Activity Centre (Senja), Blk 634B, Senja Road, #02-227, Singapore 672634**
- 2) For any enquiry, please contact: 6351 9555 or email: yeomeowhoong@fyics.org

Payment Procedure

- 1) Payment can be made via Skills Future Credits if eligible or
- 2) Payment can be made via cash, NETS or issue cheque to **Fei Yue Community Services**

(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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As part of:



Organised By:



Administered By:



Class Details

Course Date:

20, 27 August
17, 19, 24, 26 September
3, 8 October

Time:

2.30pm to 5pm

Closing Date for Registration:

Till class is full

Venue:

Fei Yue Senior Activity Centre (Senja)
Blk 634B, Senja Road, #02-227, Singapore 672634
Tel: 63519555

Duration

20 hours over 8 sessions

Course Fee

\$108 (inclusive of GST & after NSA subsidy)
Now you pay: \$80
(Can be paid with SkillsFuture Credit.)

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/Chinese