



Eat for Wellness – Herbal Diet (Part 1)

To explore basic concepts of good nutrition, health and healthy diets. Eating well helps keep us healthy and active and thus improves our enjoyment of life.

Course Description

Interesting highlights of the programme include:

- Knowledge of fundamental of Wellness through daily diets
- The common foods with good nutrition medicinal effect
- Diet for a Beautiful you
- Diet for a Healthier you

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 + Run number)
- 3) Email to stellang@fyca.org

Payment Procedure

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

Class Details

19, 26 September,
3, 10 October 2019

Timing:

Thursdays, 9.30am – 12.30pm

Closing Date for Registration:

Till class is full

Venue:

298 Tiong Bahru Rd, Level 10
Tiong Bahru Central Plaza,
Singapore 168730

Duration:

12 hours over 4 sessions

Course Fees:

\$67.50 (inclusive of GST & after
NSA subsidy)

Now we pay: \$50

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

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

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:



Organised By:



Administered By:

