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Health Through TCM for Senior

Medium: **English**

Course Fee: **S\$150**

Duration: **10 hours**



TCM has been a synonym to Healthy living and Health Maintenance for many generations and in the era of escalating medical cost and the aging population plaguing the society, more people are appreciating its value. The unique theory and approaches in illness prevention, and avocation of Health Maintenance and cultivation form the core of this ancient wisdom.

The course besides covering the how TCM view ageing as a natural process, one to be respected, and although we cannot stop the ageing process, we can strive to age gracefully! This course shares TCM approaches in health maintenance for senior to achieve graceful aging. Learn the factors that contributed to the aging process and find out the TCM way of graceful aging through dietary, massaging methods and qigong exercise. This course is targeted at seniors and their care-giver.



Module	Theme	Learning Outcome – you will...
1	Graceful Aging through TCM (2.5 hrs)	<ol style="list-style-type: none"> 1. Know the important of Graceful aging 2. Know TCM View on Health Maintenance 3. Learn the Factors Contributing to Aging 4. Learn Simple Health maintenance techniques
2	Medicated Diet for Senior (2.5 hrs)	<ol style="list-style-type: none"> 1. Learn the important of Medical diet Preparation 2. Know to common herbs with tonic characteristic 3. Learn the Diet for Chronic Illnesses Management,
3	Acupressure for Graceful Aging (2.5 hrs)	<ol style="list-style-type: none"> 1. Know the important acupoints for graceful aging 2. Learn the Manipulation techniques and method on these points 3. Learn approaches for Chronic Illnesses Management,
4	Qigong exercise for Graceful Aging (2.5 hrs)	<ol style="list-style-type: none"> 1. Learn how qigong works in health management 2. Know the three elements of Qigong exercise 3. Learn the management of Chronic Illnesses Management using Qigong

The course is designed for,

- All Seniors
- Caregivers for Senior and Family members



Trainer: Dr Clement Ng Shin Kiat 黄欣杰博士

Registered Traditional Chinese medicine (TCM) practitioner
 PhD in Medicine (TCM) from Nanjing University of Chinese Medicine
 Former Vice Principal of Singapore College of TCM.
 Council Member for Singapore Chinese Physicians' Association,
 Committee Member for Singapore Acupuncture Association
 Committee Member for ISO/TC 249 (TCM).
 ACTA Certified



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Health Through TCM for Senior

《乐活养生，中医保健》课程

授课语言：中文

收费：S\$150

学时：10 小时



源远流长的中医养生思想，在历经数千年的洗礼，在现今医疗费不断提高及社会趋向老龄化，人们越来越注重保健时，已成为一套很完整的医疗保健方案，逐渐形成了一些独具特色的养生思想。所主导思想为“上医治未病”、“不治已病，治未病”及寓养生于“日常生活之中”。

课程设计通过互动学习发觉虽然“老龄化”是一个自然且应受尊重的过程，我们不能阻阻挡老龄化进程，但可以延缓其过程！本课程将让学员了解中医学如何看待养生之道，影响老化的因素，及学习易学的药膳、推拿及气功保健养生法。



单元	主题	学习目的，您将会
1	妙用中医，优雅乐活 (2.5 hrs)	<ol style="list-style-type: none"> 1. 了解养生的重要性 2. 知道中医如何看待养生之道 3. 明白影响老化的因素 4. 熟悉易学的保健法
2	茶余饭后 药膳养生 (2.5 hrs)	<ol style="list-style-type: none"> 1. 了解如何通过日常饮食养生 2. 认识常见的补益药 3. 认识慢性病药膳调理
3	轻揉穴位，保健养生 (2.5 hrs)	<ol style="list-style-type: none"> 1. 认识养生保健穴位 2. 学习穴位经络按摩技巧 3. 认识慢性病药穴位按摩调理
4	吐故纳新，驻颜长寿 (2.5 hrs)	<ol style="list-style-type: none"> 1. 知道如何通过气功达到养生的目的 2. 了解气功养生锻炼的三大要素 3. 认识如何通过学习气功调理慢性疾病

适读人士

- 乐龄人士
- 看护者及家属



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