

Health Through TCM for Senior

(SF16ALHW206)

Medium: English

Course Fee: S\$150

Duration: 10 hours

TCM has been a synonym to Healthy living and Health Betterment. The unique theory and approaches in illness prevention, and avocation of Health Maintenance and cultivation form the core of this ancient wisdom.



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 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



Trainer: Dr Clement Ng Shin Kiat 黄欣杰博士

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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



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



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