

TCM and You Health Betterment Series for Feb, Mar, & Apr 2021

Online Short Course

For One Session Online Short Courses by Dr Clement Ng, as you are my students or refer by my students, please use promo code "**TNY-21-01**" to enjoy **10%** discount at the check-out

1. **Insomnia – Let TCM Help you!**

Why can't I fall asleep? Why do I keep waking up?

- **Online Course (Zoom)**
- Language: **English**
- Date: **03 March 2021, Wednesday**
- Time: **7.30 pm - 9.00 pm Singapore**
- Course Fee: **S\$20**



Register the course and forward this invitation to all your friends

<https://tcmandyou.com/home/product/insomnia-e-2/>

2. 失眠，让中医来帮帮你！

为什么我睡不着？为什么我总是醒来？

- 网上课程
- 授课语言：中文
- 日期：3月7日(星期日) 时间：晚上7时30分至9时
- 学费：S\$20

注册课程并将此邀请转发给你所有的朋友

<https://tcmandyou.com/home/product/insomnia-c/>



3. **Stress, Anxiety & Depression**

Feeling S. A. D.? Let TCM helps You!

- **Online Course (Zoom)**
- Language: **English**
- Date: **10 March 2021, Wednesday**
- Time: **7.30 pm - 9.00 pm**
- Course Fee: **S\$20**



Register the course and forward this invitation to all your friends

<https://tcmandyou.com/home/product/sad-e4-1/>

Knowledge and Skills x Health = 100%

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SkillsFuture Credit Approved classes

For coming SkillsFuture Credit approved TCM courses by Dr Clement Ng, Classroom or On-line courses, please Register online to enjoy online discount

Online (Via Zoom)

4. **SkillsFuture@PA TCM for Women – Online - English**

- Date: 01 Mar 2021 - 22 Mar 2021, Monday
- Time: 07:30 PM - 09:30 PM
- Language: English
- <https://www.onepa.gov.sg/class/details/c026835925>



For Non-SkillsFuture eligible / overseas participants

- <https://tcmandyou.com/home/product/tcm-for-women/>



5. **SkillsFuture@PA TCM Herbal Diet (Online) – Chinese**
SkillsFuture@PA 中医药膳课程 (网上授课)

- Date/日期 04 Mar 2021 - 25 Mar 2021, Thursday
- Time/时间 07:30 PM - 09:30 PM
- Language/语言: 中文
- <https://www.onepa.gov.sg/class/details/c026835597/>



6. **SkillsFuture@PA TCM Herbal Diet (Online) - English**

- Date: 05 Mar 2021 - 26 Mar 2021, Friday
- Time: 10:00 AM – 12:00 PM
- Language: English
- <https://www.onepa.gov.sg/class/details/c026835924>



For Non-SkillsFuture eligible / overseas participants

- <https://tcmandyou.com/home/product/tcm-herbal-diet-online/>



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SkillsFuture Credit Approved classes

For coming SkillsFuture Credit approved TCM courses by Dr Clement Ng. Please register online <https://www.onepa.gov.sg/trainers/ng-shin-kiat-clement> (to enjoy online discount)



Classroom Classes

Mar 2021

@ Pasir Ris East CC

- 7. **SkillsFuture@PA Acupressure Massage Intermediate**
 ■ Date/Time: 02 Mar 2021 - 23 Mar 2021, Tuesday **From 07:00 PM**
- 8. **SkillsFuture@PA TCM Herbal Diet Intermediate**
 ■ Date/Time: 05 Mar 2021 - 26 Mar 2021, Friday **From 07:00 PM**

@ Clementi CC

- 9. **SkillsFuture@PA TCM Herbal Diet Intermediate**
 ■ Date/Time: 01 Mar 2021 - 22 Mar 2021, Monday **From 10:15 AM**
- 10. **SkillsFuture@PA TCM Herbal Diet**
 ■ Date/Time: 02 Mar 2021 - 23 Mar 2021, Tuesday **From 02:00 PM**

@ Pasir Ris Elias CC

- 11. **SkillsFuture@PA TCM Herbal Diet**
 ■ Date/Time: 03 Mar 2021 - 24 Mar 2021, Wednesday **From 07:00 PM**

Apr 2021

@ Pasir Ris East CC

- 12. **SkillsFuture@PA TCM Herbal Diet Intermediate**
 ■ Date/Time 06 Apr 2021 - 27 Apr 2021, Tuesday **From 07:00 PM**
- 13. **SkillsFuture@PA Acupressure Massage Intermediate**
 ■ Date/Time 09 Apr 2021 - 30 Apr 2021, Friday **From 07:00 PM**
- 14. **SkillsFuture@PA TCM Herbal Diet**
 ■ Date/Time: 07 Mar 2021 - 28 Mar 2021, Sunday **From 02:00 PM**

@ Toa Payoh East CC

- 15. **SkillsFuture@PA Health Through TCM for Seniors**
 ■ Date/Time 07 Apr 2021 - 28 Apr 2021, Wednesday **From 02:00 PM**