

Knowledge and Skills x Health = 100%

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TCM and You Health Betterment Series

Online Short Course

For Online Short Courses by Dr Clement Ng, 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: **07 April 2021, Wednesday**
- Time: **7.30 pm - 9.00 pm Singapore**
- Course Fee: **S\$20**

<https://tcmadyou.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: 4月11日(星期天)
- 时间: 晚上7时30分至9时
- 学费: **S\$20**

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



3. **Diabetes, The TCM Perspective**

Why our body not able to effectively metabolise sugar, lets TCM helps you.

- **Online Course (Zoom)**
- Language: **English**
- Date: **14 April 2021, Wednesday**
- Time: **7.30 pm - 9.00 pm**
- Course Fee: **S\$20**

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



4. **Stress, Anxiety & Depression – Emotional Management**

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

- **Online Course (Zoom)**
- Language: **English**
- Date: **21 April 2021, Wednesday**
- Time: **7.30 pm - 9.00 pm**
- Course Fee: **S\$20**

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



注册课程并将此邀请转发给你所有的朋友

Register the course and forward this invitation to all your friends

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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)

5. SkillsFuture@PA TCM for Women – Online - English

- Date: 05 Apr 2021 - 26 Apr 2021, Monday
- Time: 07:30 PM - 09:30 PM
- Language: English
- <https://www.onepa.gov.sg/class/details/c026848431>



6. SkillsFuture@PA TCM Treatment for Children & Youth (Online)

- Date: 03 Apr 2021 - 24 Apr 2021, Saturday
- Time: 07:30 PM - 09:30 PM
- Language: English
- <https://www.onepa.gov.sg/class/details/c026848490>



7. SkillsFuture@PA Acupressure Massage (Online)

- Date: 02 Apr 2021 - 23 Apr 2021, Friday
- Time: 10:00 AM – 12:00 PM
- Language: English
- <https://www.onepa.gov.sg/class/details/c026848425>



8. SkillsFuture@PA Acupressure Massage 指压按摩 (Online)

- 日期: 08 Apr 2021 - 29 Apr 2021, Thursday 星期四
- 时间: 07:30 PM - 09:30 PM
- 授课语言: 中文 (in Chinese)
- <https://www.onepa.gov.sg/class/details/c026850220>



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Classroom Classes



Apr 2021

@ Pasir Ris East CC

9. **SkillsFuture@PA TCM Herbal Diet**
■ Date/Time 04 Apr 2021 - 25 Apr 2021, Sunday **From 02:00 PM**
10. **SkillsFuture@PA TCM Herbal Diet Intermediate**
■ Date/Time 06 Apr 2021 - 28 Apr 2021, Tuesday **From 07:00 PM**
11. **SkillsFuture@PA Acupressure Massage Intermediate**
■ Date/Time 09 Apr 2021 - 30 Apr 2021, Friday **From 07:00 PM**

@ Clementi CC

12. **SkillsFuture@PA Acupressure Massage Intermediate**
■ Date/Time 05 Apr 2021 - 27 Apr 2021, Monday **From 10:15 AM**
13. **SkillsFuture@PA Acupressure Massage**
■ Date/Time 06 Apr 2021 - 28 Apr 2021, Tuesday **From 02:00 PM**
14. **SkillsFuture@PA TCM Herbal Diet**
■ Date/Time 07 Apr 2021 - 29 Apr 2021, Wednesday **From 10:15 AM**

@ 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**