

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. Stress, Anxiety & Depression – Emotional Management

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

- Online Course (Zoom)
- Language: English
- Date: **23 May 2021, Sunday**
- Time: **8.00 pm - 9.30 pm**
- Course Fee: S\$20

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



#### 2. Stroke Sequel, The TCM Perspective

The different TCM management options, How TCM can help you?

- Online Course (Zoom)
- Language: English
- Date: **6 June 2021, Sunday**
- Time: **8.00 pm - 9.30 pm**
- Course Fee: S\$20

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



#### 3. 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: **6月13日(星期天)**
- 时间: **早上10时至11时30分**
- 学费: S\$20

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



#### 4. Insomnia – Let TCM Help you!

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

- Online Course (Zoom)
- Language: English
- Date: **June 13, Sunday**
- Time: **08.00 pm - 09.30 pm** Singapore Times
- Course Fee: S\$20

<https://tcmandyou.com/home/product/insomnia-e-4/>



#### 5. Diabetes, The TCM Perspective

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

- Online Course (Zoom)
- Language: English
- Date: **June 20, Sunday**
- Time: **7.30 pm - 9.00 pm**
- Course Fee: S\$20

<https://tcmandyou.com/home/product/diabetes-e-1/>

