

Knowledge and Skills x Health = 100%

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TCM and You Health Betterment Series

Online Short Course

1. Stroke, The TCM Perspective

Learn the different TCM management options? Let TCM Help you!

- Online Course (Zoom)
- Language: English
- Date: August 18, Wednesday
- Time: 2.30 pm - 4.00 pm
- Course Fee: ~~S\$20~~ S\$15 (Special discount for National Mouth Discount)

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



2. Stress, Anxiety & Depression – Emotional Management

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

- Online Course (Zoom)
- Language: English
- Date: 22 August 2021, Sunday
- Time: 8.00 pm - 9.30 pm
- Course Fee: ~~S\$20~~ S\$15 (Special \$5 discount for National Mouth Discount)

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



3. Rheumatism, The TCM Perspective

Stiff neck! Joint aching! Heavy limps! Let TCM helps You!

- Online Course (Zoom)
- Language: English
- Date: 25 August 2021, Wednesday
- Time: 2.00 pm - 4.30 pm
- Course Fee: ~~S\$20~~ S\$15 (Special \$5 discount for National Mouth Discount)

<https://tcmadyou.com/home/product/rheu-e/>



4. GERD (Acid Reflux), The TCM Perspective

Why is there a burning sensation in my chest? Let TCM helps You!

- Online Course (Zoom)
- Language: English
- Date: 25 August 2021, Wednesday
- Time: 8.00 pm - 9.30 pm
- Course Fee: ~~S\$20~~ S\$15 (Special \$5 discount for National Mouth Discount)

<https://tcmadyou.com/home/product/gerd-e/>



5. Gout, Let TCM Help you! (New Training Platform)

Swollen ankles, painful toe, know what happened within from TCM

- Online Course (Zoom)
- Language: English
- Date: 27 August 2021, Friday
- Time: 8.00 pm – 9.30 pm
- Course Fee: ~~S\$20~~ S\$15 (Special \$5 discount for National Mouth Discount)



<https://qrgo.page.link/ypmn5>

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6. Why am I Fat when I don't eat much, the TCM Perspective

Learn the different causes of Obesity and how TCM can help you!

- Online Course (Zoom)
- Language: English
- Date: 29 August 2021, Sunday
- Time: 8.00 pm - 9.30 pm
- Course Fee: ~~S\$20~~ **S\$10 (Special 50% discount for National Mouth Discount)**
<https://tcmmandyou.com/home/product/waif-e1/>



7. Vertigo, The TCM Perspective -

Why is my world spinning? Let TCM helps You!

- Online Course (Zoom)
- Language: English
- Date: 15 September 2021, Wednesday
- Time: 8.00 pm - 9.30 pm
- Course Fee: ~~S\$20~~ **S\$15 (Special \$5 discount for National Mouth Discount)**



<https://tcmmandyou.com/home/product/ver-e-2/>

8. Insomnia – Let TCM Help you!

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

- Online Course (Zoom)
- Language: English
- Date: 19 September 2021, Sunday
- Time: 8.00 pm - 9.30 pm Singapore Times
- Course Fee: ~~S\$20~~ **S\$15 (Special \$5 discount for National Mouth Discount)**
<https://tcmmandyou.com/home/product/insomnia-e-4/>



9. Diabetes, The TCM Perspective

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

- Online Course (Zoom)
- Language: English
- Date: 22 September 2021, Wednesday
- Time: 8.00 pm - 9.30 pm
- Course Fee: ~~S\$20~~ **S\$15 (Special \$5 discount for National Mouth Discount)**
<https://tcmmandyou.com/home/product/diabetes-e-1/>



10. 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：9月26日(星期日)
- 时间：晚上8时至9时30分
- 学费：~~S\$20~~ **S\$15 (Special \$5 discount for National Mouth Discount)**
<https://tcmmandyou.com/home/product/insomnia-c-2/>



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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 special discount

Online (Via Zoom)

Aug 2021

1. **SkillsFuture@PA TCM For Women (Online)**

(Periods, Pregnancy, Beauty, Emotion and Menopause)

- Date: **05 Aug 2021 - 26 Aug 2021, Thursday**
- Time: **07:30 PM - 09:30 PM (Night)**
- Language: **English**
- <https://www.onepa.gov.sg/class/details/c026869143>



2. **SkillsFuture@PA TCM For Men (Online)**

- Date: **07 Aug 2021 - 28 Aug 2021, Saturday**
- Time: **07:30 PM - 09:30 PM (Night)**
- Language: **English**
- <https://www.onepa.gov.sg/class/details/c026869145>



3. **SkillsFuture@PA Acupressure Massage (Online)**

- Date: **04 Sep 2021 - 25 Sep 2021, Saturday**
- Time: **02:30 PM - 04:30 PM (Night)**
- Language: **English**
- <https://www.onepa.gov.sg/class/details/c026875179>



4. **SkillsFuture@PA 中医药膳课程 (Online)**

- Date: **09 Sep 2021 - 30 Sep 2021, 星期四**
- Time: **02:30 PM - 04:30 PM (下午)**
- Language: **中文 (in Chinese)**
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Online Short Series Course

1. TCM For Women (Online) – World

- 4 Sessions
- Date: 05 Aug 2021 - 26 Aug 2021, Thursday
- Time: 07:30 PM - 09:30 PM – Singapore
- Language: English
- <https://tcmandyou.com/home/product/tcm-for-women/>



2. TCM For Men (Online) – World

- 4 Sessions
- Date: 07 Aug 2021 - 28 Aug 2021, Saturday
- Time: 07:30 PM - 09:30 PM – Singapore
- Language: English
- <https://tcmandyou.com/home/product/tcm-men/>



3. Meridian Systems and Major Acupoints (Online) – World

- 8 Sessions
- Date: August 2021 – 3, 6, 10, 13, 17, 20, 24, 27, 31
(Tuesday, Friday)
- Time: 08:00 PM - 10:30 PM – Singapore
- Language: English
- <https://tcmandyou.com/home/product/msma1/>



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Classroom Classes

Aug / Sept 2021

1. SkillsFuture@PA TCM Herbal Diet

- Classroom Class - Clementi CC
- Date: 17 Aug 2021 - 07 Sep 2021, Tuesday
- Time: 02:00 PM - 04:30 PM
- Language: English
- <https://www.onepa.gov.sg/class/details/c026875165>



2. SkillsFuture@PA TCM Herbal Diet

- Classroom Class - Clementi CC
- Date: 06 Sep 2021 - 27 Sep 2021, Monday
- Time: 10:15 AM - 12:45 PM
- Language: English
- <https://www.onepa.gov.sg/trainers/ng-shin-kiat-clement>



3. SkillsFuture@PA Acupressure Massage

- Classroom Class - Clementi CC
- Date: 08 Sep 2021 - 29 Sep 2021, Wednesday
- Time: 10:15 AM - 12:45 PM
- Language: English
- <https://www.onepa.gov.sg/class/details/c026875176>



4. SkillsFuture@PA Acupressure Massage Intermediate

- Classroom Class - Pasir Ris East CC
- Date: 06 Sep 2021 - 27 Sep 2021, Monday
- Time: 07:00 PM - 09:30 PM
- Language: English
- <https://www.onepa.gov.sg/class/details/c026875609>



5. SkillsFuture@PA TCM Herbal Diet

- Classroom Class - Pasir Ris East CC
- Date: 07 Sep 2021 - 28 Sep 2021, Tuesday
- Time: 07:00 PM - 09:30 PM
- Language: English
- <https://www.onepa.gov.sg/class/details/c026875612>

