

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://tcmandyou.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://tcmandyou.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://tcmandyou.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://tcmandyou.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/>

