

Knowledge and Skills x Health = 100%

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TCM and You Health Betterment Series

SkillsFuture Credit Approved classes

Online (Via Zoom)

September 2021

1. SkillsFuture@PA 中医药膳中级班课程 (Online)
(中风, 胸痛, 胃痛, 便秘, 皮肤病)
 - Date: 17 Sep 2021 - 08 Oct 2021, 星期五
 - Time: 02:30 PM - 04:30 PM (下午)
 - Language: 中文 (in Chinese)
 - <https://www.onepa.gov.sg/class/details/c026875178>



October 2021

2. SkillsFuture@PA TCM Herbal Diet (Online)
(Eat and Drinks according to your body's conatitution!)
 - Date: 05 Oct 2021 - 26 Oct 2021, Tuesday
 - Time: 07:30 PM - 09:30 PM (Night)
 - Language: English
 - <https://www.onepa.gov.sg/class/details/c026883973>
3. SkillsFuture@PA TCM For Women (Online)
(Periods, Pregnancy, Beauty, Emotion and Menopause)
 - Date: 09 Oct 2021 - 30 Oct 2021, Saturday
 - Time: 07:30 PM - 09:30 PM (Night)
 - Language: English
 - <https://www.onepa.gov.sg/class/details/c026883997>
4. SkillsFuture@PA - TCM Treatment for Children & Youth (Online)
 - Date: 07 Oct 2021 - 28 Oct 2021, Thursday
 - Time: 07:30 PM - 09:30 PM (Night)
 - Language: English
 - <https://www.onepa.gov.sg/class/details/c026883984>

