

Knowledge and Skills x Health = 100%

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TCM and You Health Betterment Series

Online Short Series Course - World

1. TCM Herbal Diet / Eat for Wellness (Online) – World

- 4 Sessions
- Date: 05 Oct 2021 - 26 Oct 2021, Tuesday
- Time: 07:30 PM - 09:30 PM (Singapore Times)
- Language: English
- <https://tcmandyou.com/home/product/tcmhmd/>



2. TCM Treatment for Children & Youth (Online) – World

- 4 Sessions
- Date: 07 Oct 2021 – 28 Oct 2021, Thursday
- Time: 07:30 PM - 09:30 PM (Singapore Times)
- Language: English
- <https://tcmandyou.com/home/product/tcm-child/>



3. TCM For Women (Online) – World

- 4 Sessions
- Date: 09 Oct 2021 – 30 Oct 2021, Saturday
- Time: 07:30 PM - 09:30 PM (Singapore Times)
- Language: English
- <https://tcmandyou.com/home/product/tcm-for-women/>

