

2016

TCM Health Talk

TCM & “Future Illnesses” Health & Wellness



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“Preventive treatment of disease” is taking appropriate measures to prevent illnesses from developing and progressing.

Meaning of wellness/ “keeping health”:

Keeping- Maintaining, recuperating, nourishing

Health- Living, life-style, life

In Singapore’s fast paced lifestyle, many are not eating at regular times, sleeping less, having high work stress lives and not exercising regularly. These poor lifestyle habits will cause “illnesses before sub-health”. Hence, the pre-requisite of Traditional Chinese medicine (TCM)’s prevention and treatment is correcting any poor lifestyle habits, also called “healthy living”.

In this health talk, join us in recognising the importance of diet and lifestyle habits with health, and learn some healthy living tips. Through this, we hope you and your family will enjoy healthy bodies.

(Talk presented in Mandarin and Free admission)

Venue:

Bishan Public Library, Programme Zone

Date/Time:

30 July 2016 (Sat), 2pm - 4pm

Presented by:



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