

LIVE Broadcast Seminar



During this challenging period, it is important to protect yourself and others from Covid-19. Besides taking precautions such as wearing a mask, cleaning your hands and avoiding crowds; strengthening your immunity to combat the virus is one of the preventive measures too. What is immunity, and how does it impact our health?

Boosting your immunity is one of the key aspects in fighting the pandemic. Sufficient intake of the right nutrients will improve your overall health and build resilience in the body against infections, thus minimizing the risk of getting Covid-19. In this session, you will gain knowledge on immunity, and how you can boost your immunity system to shield yourself from viruses.

The seminar will be conducted in Mandarin, with English interpretation provided. For the instructions on English interpretation, please click [here](#) . See you online!

Seminar Topic	: Understanding Immunity - Strengthen Your Shield
Date and Time	: 21 July 2021 (Wednesday) 14:00 - 16:00
Registration Link	: https://bit.ly/3w7b9ly Neffulintl 202107 HealthSeminar
Registration Date	: 7 July 2021 (Wednesday), 10:00am onwards until fully registered
Seminar Fee	: Free
Targeted Attendees	: All Partners of Nefful International
Speaker	: Dr. Weng Tzu-Hua

Terms & Conditions:

1. The seminar will be conducted in Mandarin with English interpretation provided. (Powerpoint will be prepared in Chinese).
2. Only online registration will be accepted. Kindly register through link provided above within the registration period.
3. Online seminar will be using ZOOM app as the training platform, kindly download the ZOOM app before attending the seminar.
4. Attendees is required to ensure the display name on ZOOM app remains similar to their registration with Nefful International and online registration form of this seminar for verification purposes.
5. Nefful International reserves the rights to change or amend the terms & conditions without prior notice.



05.07.2021

UNDERSTANDING IMMUNITY

Strengthen Your Shield

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Dr. Weng Tzu-Hua

- Completed more than 500 health seminars
- Education:
 - National Taiwan University Hospital
- Employment History:
 - Attending Physician in Accident and Emergency Department of Mackay Memorial Hospital, Taiwan
 - Residents in National Taiwan University Hospital regardless of department
- Housemanship Experience:
 - National Taiwan University Hospital
 - Nuclear Medicine, Hematology & Oncology and Surgical Intensive Care Unit of University of Rochester Medical Centre, USA
 - General Surgery Department of Mayo Clinic, USA
 - Plastic and Reconstructive Surgery Department of University of Pittsburgh Medical Center, USA
 - Surgical Oncology Department of UCSD, USA



21 July (Wednesday)
14:00 – 16:00

Understanding
Immunity, Strengthen
Your Shield

Through this session, you will learn about:

- 1 Brief Knowledge**
 - What is Covid-19?
 - What is immunity?
- 2 Boost Your Immunity and Intake of the Right Nutrients**
 - Ways to achieve body balance
 - Ways to boost your immunity
 - Ways to boost immune response
 - Role of calcium ions in the functioning of immune system
 - Effects of aging on immune system
- 3 Build Resilience In The Body And Strengthen Your Shield**
 - Environment effects on skin
 - Factors affecting healing process of wounds

Nefful Singapore Holdings Pte Ltd

456 Alexandra Road, Fragrance Empire Building #07-01/02, Singapore 119962

T +65 6742 1358 E customer@nefful.com.sg

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