



Health Restoration and Wellness In The Post Pandemic World

Registration Date: **1 July (Friday)**,
12:00pm onwards until fully registered

With the increased physical and social interaction due to the popularization of vaccines and gradual lifting of lockdown measures around the world, we can no longer aim for “Zero-COVID” strategy, it is fundamental to adjust our mindsets on living with COVID-19 and the importance of resilience. In this session, we shall analyze the aftermath of COVID-19 and the threats it brings to one’s health from the perspective of an ER physician. We shall also learn how to supplement key nutrients and choose high-quality clothing to relieve symptoms as well as regain a healthy life in a smart approach.

Date and Time

15 July (Friday)
14:00 - 16:00

**LIVE
Broadcast**

**FREE
PARTICIPATION**

Learning Objectives

- 1** Understanding post-COVID syndrome, common clinical symptoms and its after-effects
- 2** Tips on prevention and wellness to build overall health protection
 - Protecting the defensive barrier functions of skin and respiratory tract
 - Improving blood circulation in prevention of blood clots
- 3** Tips on relaxation to protect the mind and manage emotions
 - Maintain the health of your nervous system to prevent brain fog
 - Relax and calm your mind and nerves



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 Emergency Department of Mackay Memorial Hospital, Taiwan
 - 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

HEALTH RESTORATION AND WELLNESS IN THE POST-PANDEMIC WORLD ONLINE SEMINAR

With the increased physical and social interaction due to the popularization of vaccines and gradual lifting of lockdown measures around the world, we can no longer aim for “Zero-COVID” strategy, it is fundamental to adjust our mindsets on living with COVID-19 and the importance of resilience. In this session, we shall analyze the aftermath of COVID-19 and the threats it brings to one’s health from the perspective of an ER physician. We shall also learn how to supplement key nutrients and choose high-quality clothing to relieve symptoms as well as regain a healthy life in a smart approach.

Topic: Health Restoration and Wellness in The Post- Pandemic World

Registration Link: https://bit.ly/3ODAgGf_Neffulintl_Seminar_15

Registration Date: 01.07.2022 (FRI), 12:00pm onwards till fully registered

Fees: Free

Audience: All Nefful International Partners

Speaker: Dr Weng Tzu-Hua

Date and Time: 15.07.2022 (FRI), 14:00 ~ 16:00

Terms & Conditions:

1. The seminar will be conducted in Mandarin with English interpretation provided. (Powerpoint will be prepared in Chinese).
2. Kindly submit your registration as soon as possible. Registration will be closed once the capacity is full.
3. Registration will commence on 01.07.2022 (Friday), 12:00pm onwards till fully registered.
4. Online seminar will be using ZOOM app as the training platform, kindly download the ZOOM app before attending the seminar.
 - Attendees are 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. Nefful International may disqualify the registration if the required information does not match.
 - Each registrant is strictly allowed to watch the session by using one device only.
5. Nefful International reserves the rights to change or amend the terms & conditions without prior notice.

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01.07.2022