

DISCOVERING *NT* ODYSSEY

探索妮生活

EXPLORE THE IMPACT OF ANTIOXIDANTS TO HUMAN HEALTH
探索抗氧化劑對健康的影響力

SATURDAY
星期六

23 MAR 三月
2024

1:30PM
|
2:30PM

LEARNING HIGHLIGHTS 講座大綱

Conducted in Mandarin 中文講解

- ◎ Identify the sources of harmful free radicals which can detrimental to your health
瞭解有害自由基的形成以及對人體造成的傷害
- ◎ Unveil the power of antioxidants in reversing the signs of aging
揭露抗氧化劑對逆轉衰老跡象的作用
- ◎ Learn how to choose the right health supplement to improve your internal antioxidants level
學習如何選擇合適的保健食品以提升體內的抗氧化水平



BELLE TAN
陳秋婷



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- SPEAKER'S PROFILE

講師簡介

- ◎ Internationally Certified Senior Nutritionist
國際認證資深營養師
- ◎ Holds a Bachelor's Degree (Hons) in Nutrition from Australia and Malaysia
畢業於澳洲和馬來西亞營養學榮譽學位
- ◎ Brings over 15 years of professional experience as a certified nutritionist, nutrition consultant, and trainer
在營養保健領域裏擁有超過15年專業經驗
- ◎ Previously held roles as a professional nutrition consultant, nutrition trainer, and corporate training instructor for various MNCs
曾擔任專業營養顧問、營養講師以及跨國企業培訓講師

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