

DISCOVERING *NT* ODYSSEY

探索妮生活

T-UP YOUR BONE AND JOINT HEALTH WITH THE RIGHT APPROACH
正確呵護骨骼, 讓關節不再卡卡

SATURDAY
星期六

22 六月
2024

1:30PM
|
2:30PM

LEARNING HIGHLIGHTS 講座大綱

Conducted in English 英文講解

- ◎ Understand the reasons behind the daily deterioration of bone density
找出骨量每天都在流失的原因
- ◎ Learn how to meet your daily calcium intake through food and calcium supplementation
學習如何通過飲食以及營養補充品來攝取每天所需的鈣質
- ◎ Discover best practices for optimal calcium supplement consumption
正確補鈣大貼士



Elevate your seminar experience
and unlock a S\$50 voucher!*

解鎖妮的美麗生活,
全程參與即可領取S\$50特惠券1張!*

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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



BELLE TAN
陳秋婷

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