

DISCOVERING *MT* 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

07 DEC
2024

1:30PM
|
2:30PM

LEARNING HIGHLIGHTS

講座大綱

Conducted in English 英文講解

- Find out the reasons behind the daily deterioration of bone density
瞭解為何骨密度每天都在下降的原因
- Learn how to meet your daily calcium intake through foods 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



BELLE TAN
陳秋婷



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!*

SIGN UP

NOW!
立即報名!

- SPEAKER'S PROFILE

講師簡介

- Internationally Certified Senior Nutritionist
國際認證高級營養師
- Holds a Bachelor's Degree (Hons) in Nutrition from Australia and Malaysia
持有澳大利亞和馬來西亞營養學榮譽學位
- Has more than a decade of professional experience as a certified nutritionist, nutrition consultant, and nutrition trainer for MNCs
持有十多年擔任認證營養師、營養顧問以及跨國保健企業培訓師的專業經驗
- Passionate in precision nutrition and cutting-edge anti-aging nutrition
熱衷於精準營養以及高端的抗衰老營養

*Redeemable with a minimum purchase of S\$300 and is valid for use on the day of the seminar only. Limited quantity available.

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DISCOVERING *NT* ODYSSEY

探索妮生活

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

SATURDAY
星期六

21 DEC
十二月
2024

1:30PM
|
2:30PM

LEARNING HIGHLIGHTS 講座大綱

Conducted in Chinese 中文講解

- **Identify the sources of harmful free radicals which can be 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 improve your internal antioxidants level**
學習如何提升體內的抗氧化劑水平



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