

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



BELLE TAN
陳秋婷



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- 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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