

# 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！

**S**ATURDAY  
星期六

**07** FEB 二月  
**2026**

2:00PM  
|  
3:00PM

### 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

**SIGN UP NOW!**  
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**BELLE TAN**



- 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  
持有澳大利亞和馬來西亞營養學榮譽學位
- Has more than 15 years of professional experience as a certified nutritionist, nutrition consultant, and nutrition trainer for MNCs  
持有超過15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\$600 and is valid for use on the day of the seminar only. Limited quantity available.

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