

DISCOVERING *NT* ODYSSEY

探索妮生活

T-UP YOUR BONE HEALTH WITH THE RIGHT NUTRITION AND APPROACH
透過正確的營養和方法來提升你的骨骼健康

SATURDAY
星期六

04 七月
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

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BELLE TAN
陳宣心

Speaker 講師



- 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 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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