

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

19TH 九月
2026

2:00PM
|
3:00PM

LEARNING HIGHLIGHTS 講座大綱

Conducted in English
英文講解

- Identify the sources of harmful free radicals that 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
- Discover 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 antioxidant levels
學習如何提升體內的抗氧化劑水平

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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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