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T-UP YOUR BONE HEALTH WITH THE RIGHT NUTRITION AND APPROACH

如何正確呵護骨骼，讓骨骼不再卡卡

SATURDAY 星期六 | **05 DEC 十二月 2026** | **2:00PM I 3:00PM**

LEARNING HIGHLIGHTS
講座大綱

Conducted in Mandarin
華文講解

- **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

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