

# C3A Mental Well-being Curriculum –

## Riding the Waves of Change Smiling

Dates: 21 October 2022, Friday OR  
19 December 2022, Monday

Time: 9am - 12noon and 130pm - 5pm

Venue: 27A Neil Road Singapore 088817

Course fee: \$100 (NSA subsidised fee \$20)

SkillsFuture credits eligible



### In this course you get to:

- Strengthen your mental resilience and well-being
- Understand what are the common causes
- Increase positivity and reduce vulnerability to mental health difficulties
- pick up practical tips to enhance and maintain your mental well-being

### Lecturer:

**Karen Wee** (BSc, BMed) is a registered TCM physician at the Renhai Clinic. Being well trained in both biomedical sciences and TCM, she has helped patients with anxiety and depressive moods through the use of natural therapies. She has been teaching TCM courses in English for 10 years and had co-authored the book '*Chinese Medicine for Health: Pursing the Elixir of Life*'.

All Information is correct at date of print

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