

中医自我养身保健 Self-Care TCM Wellness

10 堂课 课程以华语授课
Course is conducted in Mandarin

在线课程

开课日期：2022年10月6日

上课时间：10:30am to 12:30pm (星期四)

电 邮：tle@ecss.org.sg

询问电话：9011 8125

注：此在线课程将通过 Zoom 视频会议 APP 进行，所以参与者必须预先下载 Zoom APP 到手机或电脑上才能上课。我们会在课堂上指导 Zoom 视频会议的操作。

*50 岁以上的新加坡公民及永久居民享有津贴

主办单位：恩群社区服务 EN Community Services Society
CT Hub #06-14, 2 Kallang Avenue Singapore 339407

Conducted By:



As part of:



华族的文化源远流长，中华医学始于西汉时期的《黄帝内经》。中医的体质学更是中医保健护理的重要基础理论。课程将通过对于体质的认识、类型及特征、发病倾向等，以了解个人对外界环境适应能力及常见的临床表现。学员也将通过认识不同体质的病发预防与调理和如何通过环境起居，运动导引，情志调适，饮食调养，穴位养生来改善健康生活。



不和慢性病做朋友

TCM – Don't be a Friend of Chronic Diseases

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Course is conducted in Mandarin

在线课程

开课日期: 2022年10月6日

上课时间: 2:00pm to 4:30pm (星期四)

电 邮: tle@ecss.org.sg

询问电话: **9011 8125**

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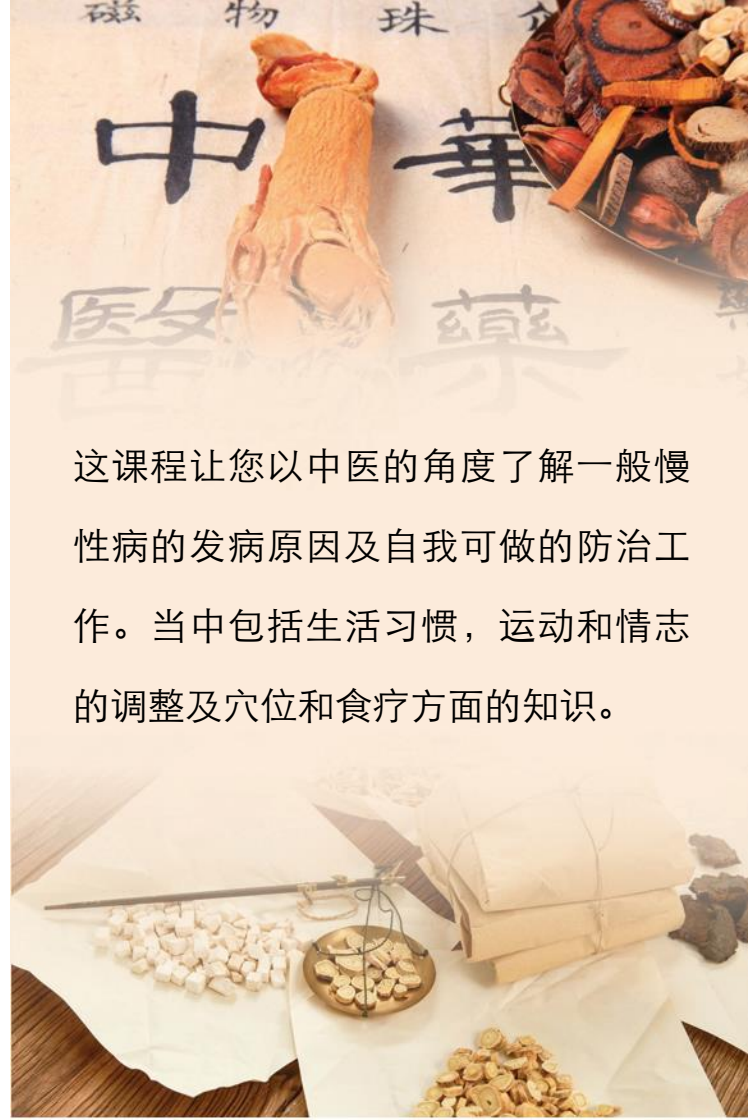
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这课程让您以中医的角度了解一般慢性病的发病原因及自我可做的防治工作。当中包括生活习惯, 运动和情志的调整及穴位和食疗方面的知识。

食疗与健康

TCM Diet Therapy & Health

10 堂课 课程以华语授课
Course is conducted in Mandarin

开课日期: 2022年10月12日

上课时间: 2:00pm to 4:30pm (星期三)

上课地点: **恩群社区服务**

EN Community Services Society

CT Hub #06-14, 2 Kallang Avenue
Singapore 339407

电 邮: t1e@ecss.org.sg

询问电话: **9011 8125**

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*NSA subsidy applicable for Singaporean and PR age 50 and above

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As part of:



“治未病”也就是预防性治疗，是中医学中一个重要的理念。民以食为天，饮食不但维持着人们的生命，也提供了维护人体生命所需的营养素和维生素。人们可通过进食适合自己体质的食材提高个人的免疫力和抗病力。所谓“药食同源”，食材如果搭配得当，食物不但美味可口，还能改善体质，增强免疫力，促进健康。参加此课程，学员不但能学习到食物的性味，寒热，归经，配搭与禁忌，也有机会学习食疗方与药膳的制作。

此课程让您以中医的角度认识亚健康及其发病原因；并利用食疗缓解这一问题。



预防跌倒与功能强化训练

Fall Prevention and Functional Improvement Training

10 堂课 课程以华语授课
Course is conducted in Mandarin

开课日期: 2022年10月12日

上课时间: 9:00am to 10:30pm (星期三)

上课地点: **恩群社区服务**

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跌倒的风险随着年龄而增加，但跌倒并不是衰老过程中的正常现象。许多都以老年人因为跌倒受伤使生活机能下降或丧失，对日常活动丧失了独立性和自信。

此课程将帮助学员了解老年人跌倒问题的严重程度和相关危险因素；学习如何自我评估跌倒风险，打造防跌居家安全及发生跌倒时的反应和处理。课程也教导学员防跌倒的功能性健身方法，以达到有效的预防跌倒的风险。预防跌倒，活跃乐龄！



疗愈水彩画基础班

Therapeutic Watercolour Painting for Beginners

6 堂课 课程以华语授课??????
Course is conducted in Mandarin????

开课日期: 2022年10月10日

上课时间: 2:00pm to 4:00 (星期一)

上课地点: 恩群社区服务

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Conducted By:



As part of:



Art creation allows people to have a better understanding of oneself, to rejuvenate and to gain happiness. Watercolour is one of the most relaxing art medium. It is also easy and clean to work with, simply by mixing the pigments with water and splashing the colour on the paper. You will be surprised by this simple stress-free creative process with unpredictable beautiful texture and form at times. You will enjoy the tranquility and self-exploring nature of watercolour painting. which is very therapeutic as the mind is focus on the subject, enjoying the flow of the colours, the changes of the form and the variation of the strokes. An idea program for seniors to release stress and rejuvenate the body and mind, while picking up an artistic skill.

C3A Mental Well-being Curriculum – Riding the Waves of Change Smiling

2 Lessons Course is conducted in English

On Line On Zoom

Date: 2nd & 9th Nov 22 (Wednesday)

Time: 9.30am - 12.30pm

Email: t1e@ecss.org.sg

Contact No.: **9011 8125**

Note: Course will be conducted online via Zoom App. To take the course, participants need to download the zoom app onto your mobile phone or computer. We will guide you how to use the Zoom App beforehand.

NSA subsidy applicable for Singaporean and PR age 50 and above

Organiser: 恩群社区服务 **EN Community Services Society**
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This course introduces seniors to mental well-being and common issues that affect it. The course also provides experiential learning and practical tips on how to promote and maintain mental well-being, as well as build one's resilience for successful ageing.



