



NSA Subsidised Course

Introductory Nutrition & Healthy PLANT-BASED DIET Workshop

Course Description

This course aims to equip participants with the knowledge of the benefits of eating plant-based foods. Participants will also enjoy the benefit of consuming nutritious plant-based food. Topics include the basic of nutrition and healthy lifestyles, the myths of plant-based food, and many more! At the end of course, learners will be able to improve their lifestyle by curating a more nutritious, sustainable and healthy lifestyle for themselves.

FEES:

\$300.00 (full course fees).

\$60.00 (inc. of GST) after National Silver Academy subsidy for Singaporeans & PR aged 50 and above.

Course Duration: **15 hours over 3 sessions**

Course Code: **KS-CBO-M-046E**

SFC Course Code: **TGS-2021008293**

Venue

Kampung Senang Wellness Studio
324 Jurong East St 31 #01-130 (S600324)

Contact Us

6261 2338

nsacourse@kampungsenang.org

As Part of:



Organised by:



An Initiative of:



In Partnership with:

