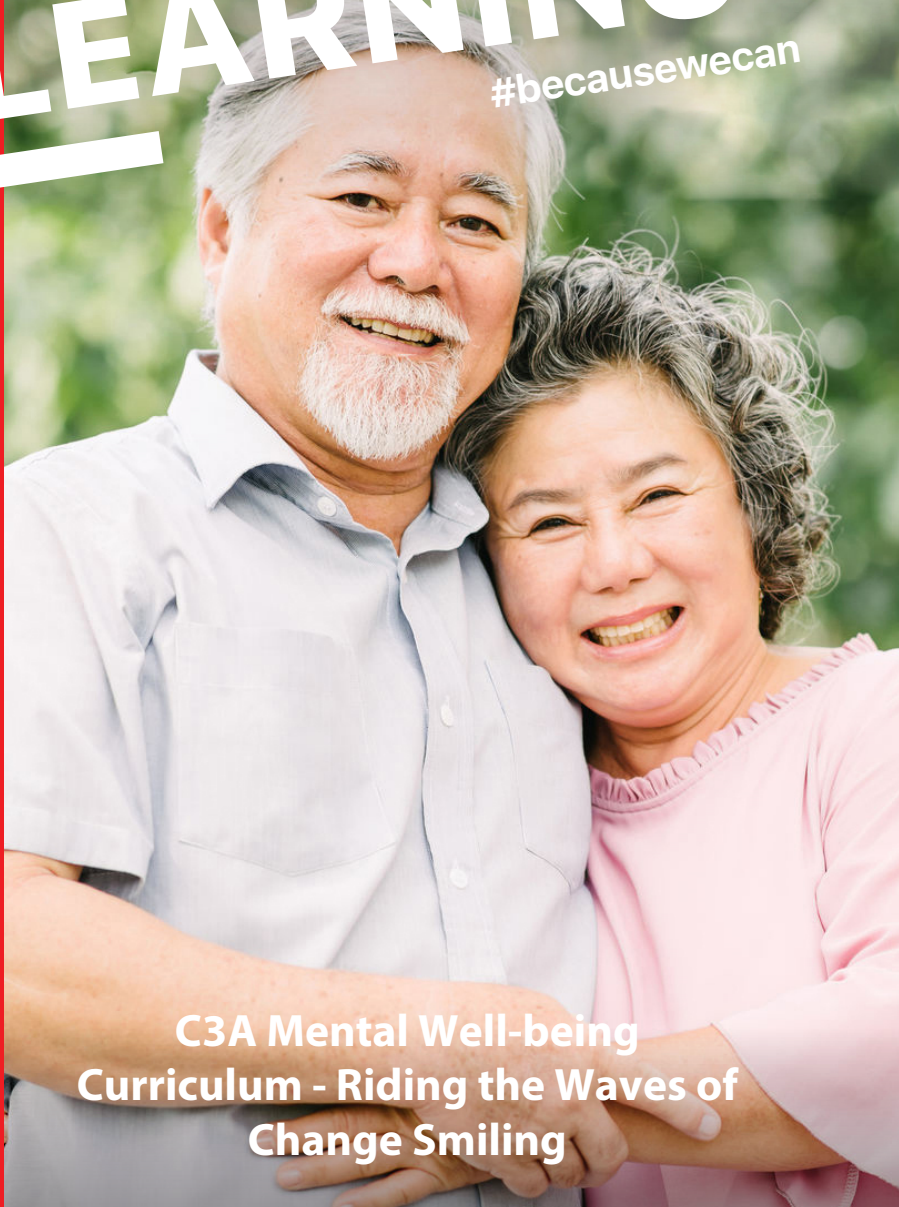


nanyang polytechnic

# LIFELONG LEARNING

#becausewecan



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

## What will you learn?

Discover how you can strengthen your mental resilience and well-being, which are important factors of successful ageing. Join us to learn about mental well-being and the common issues affecting it. In our daily lives, we may face stressors which affect our ability to experience life in a positive manner and could increase our vulnerability to mental health difficulties. Through experiential learning, this course will help you pick up practical tips to enhance and maintain your mental well-being. At the end of the course, participants shall:

1. Be aware of some most common mental well-being issues faced by seniors and why they occur.
2. Be able to recognise the signs and symptoms of these mental well-being issues, and know of approaches, techniques and resources to prevent and manage them.
3. Acquire a positive outlook towards ageing.

Duration: **1 day (6 hours)** | Mode of Learning: **Workshop**

## Who should attend?

Individuals with an interest to learn about mental well-being in seniors.

## How much will it cost?

	Fees Payable (incl. GST)
<b>Full course fee</b>	\$107.00
<b>NYP alumni member after 10% alumni discount</b>	\$96.30
<b>SC ≥ 50 years old after NSA Grant</b>	\$27.00
<b>SC ≥ 50 years old &amp; NYP alumni member after NSA Grant &amp; 10% alumni discount</b>	\$24.86

### Information to Note:

SC: Singapore Citizen | NSA: National Silver Academy

This is an NSA-approved short course. Singapore Citizen (SC) aged 50 & above will receive a subsidy of 80% off course fee (capped at \$500 per course excl GST). Please visit C3A website at <http://www.c3a.org.sg/short-courses> for details. This course is eligible for SkillsFuture Credit (SFC) for self-sponsored course applicants. Refer to SkillsFuture Credit website ([www.skillsfuture.gov.sg/credit](http://www.skillsfuture.gov.sg/credit)) for details. Terms & conditions apply.

*Information is correct at time of print and subject to revision.*

### Find Out More

[https://bit.ly/nyp\\_mental\\_wellbeing](https://bit.ly/nyp_mental_wellbeing)



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in [linkedin.com/school/nanyang-polytechnic](https://www.linkedin.com/school/nanyang-polytechnic)

#### Operating Hours:

Mondays to Thursdays: 8:30am to 5:30pm

Fridays: 8:30am to 5:00pm

Closed on Weekends and Public Holidays

Conducted by:



As part of:



Learning continues @ 50+

nanyang polytechnic

# LIFELONG LEARNING

#becausewecan



Healthy Food

**Diabetes Care –  
Lifestyle and Nutrition  
Management**

## What will you learn?

Diabetes is a chronic disease which, if not managed well, can lead to blindness, nerve damage, kidney failure, heart disease and limb amputation. This one-day course will provide you with knowledge on:

- Types and complications of diabetes
- Management of hyperglycaemia/hypoglycaemia
- Intervention via nutrition and lifestyle management
- Nutrition labelling
- Mobile apps to support/manage diabetes

Duration: **1 day** | Mode of Learning: **Workshop**

## Who should attend?

Caregivers and individuals with diabetes

## How much will it cost?

	Fees Payable (incl. GST)
Full course fee	\$113.40
NYP alumni member after 10% alumni discount	\$102.06
SC ≥ 50 years old after NSA Grant	\$60.90
SC ≥ 50 years old & NYP alumni member after NSA Grant & 10% alumni discount	\$55.23

### Information to Note:

SC: Singapore Citizen | NSA: National Silver Academy

This is an NSA-approved short course. Singapore Citizen (SC) aged 50 & above will receive a subsidy of 80% off course fee (capped at \$500 per course excl GST). Please visit C3A website at <http://www.c3a.org.sg/short-courses> for details. This course is eligible for SkillsFuture Credit (SFC) for self-sponsored course applicants. Refer to SkillsFuture Credit website ([www.skillsfuture.gov.sg/credit](http://www.skillsfuture.gov.sg/credit)) for details. Terms & conditions apply.

*Information is correct at time of print and subject to revision.*

### Find Out More

[www.nyp.edu.sg/schools/shss/lifelong-learning/diabetes-care.html](http://www.nyp.edu.sg/schools/shss/lifelong-learning/diabetes-care.html)



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#### Operating Hours:

Monday to Thursdays: 8:30am to 5:30pm

Fridays: 8:30am to 5:00pm

Closed on Weekends and Public Holidays

Conducted by:

**NYP NANYANG**  
THE INNOVATIVE POLYTECHNIC

As part of:

**NATIONAL Silver ACADEMY**

Learning continues @ 50+