

Save More With NSA Packaged Courses

A Step Towards Active Ageing (Jointly organised by C3A and Yayasan MENDAKI)

FREE

- C3A AgeMAP – Ageing Well with a Healthy Mind
- Digital Literacy: Social Media 101
- Digital Security: Be SCAM-Free than Sorry

Join us to take a step towards active ageing through learning about social media, protecting yourself against scams, and managing the stressors in your life for a positive mental well-being.



[FIND OUT MORE](#)

Financial and Care Planning

\$50

(Usual \$57)

- Financial Management Literacy for Retirement Planning
- Developing A Care Plan

Planning for the long term can help ensure you have sufficient income for your retirement. In addition, understand how a good healthcare plan will improve your quality of life, enabling you to live independently for as long as possible.



[FIND OUT MORE](#)

Building a Stronger Mind and Body

\$65

(Usual \$76)

- C3A Mental Well-being Curriculum – Riding the Waves of Change Smiling
- Introduction to Chinese Medicine

Are you coping with the mental and physical challenges as you age? Learn the basics of Chinese medicine and understand how it can improve your health. You will also discover ways to strengthen your mental resilience and well-being to cope with the challenges of ageing.



[FIND OUT MORE](#)

Home Repair Made Easy

\$180

(Usual \$205.20)

- Handyman: Electrical Appliance Repair
- Handyman: Home Repair Maintenance

Have you ever wanted to learn more about DIY home repair and maintenance? Enjoy meaningful activities with your friend or a loved one while learning and acquiring practical skills in home repair and maintenance together!



[FIND OUT MORE](#)

Ageing Well Package (conducted in Mandarin)

\$150

(Usual \$186.30)

- 乐龄与饮食营养 2
- 银发健脑

想达到身心健康，却不知从何开始？不妨报名我们刚推出的Ageing Well 课程配套！本套课程将以中文进行，它所包含的两个课程不仅能让你树立正确的饮食观念，也能掌握改善大脑健康的各种技巧！



[了解更多](#)

Be Digital Ready - Android Package

\$25

(Usual \$30)

- Introduction to Android
- SkillsFuture For Digital Community

With selected IT courses in one package, you can prepare for the digital world as you explore the various functions in your Android smartphone. The possibilities are endless!



[FIND OUT MORE](#)

Be Digital Ready - iOS Package

\$25

(Usual \$30)

- Introduction to iOS
- SkillsFuture For Digital Community

With selected IT courses in one package, you can prepare for the digital world as you explore the various functions in your iOS smartphone. The possibilities are endless!



[FIND OUT MORE](#)