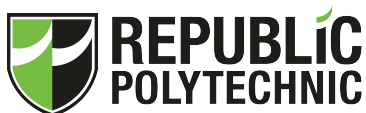




LEARNING WITH RP

(List of National Silver Academy Courses)



As part of :

NATIONAL Silver ACADEMY

learning continues @ 50+



Healthy Eating for Golden Ages 黄金年华之健康饮食

For female after menopause and male after 50 years old, the risk of 3H (High blood sugar, High cholesterol and High blood pressure) increases. In addition, dementia starts to set in when one gets older. This interactive workshop covers the introduction to these common health issues faced by the elderly in Singapore. Participants will be able to understand how the food they consume could cause or accelerate the onset of these health issues. They will also learn to plan their diet to deal with these health concerns. In addition, they will learn to interpret the food label to fulfill their dietary requirement.

在新加坡，更年期后的妇女以及50岁以上的男性，3高（高血糖、高胆固醇、高血压）的风险相应的增加。同时，失智症的问题也会在年龄越高的时候越明显。这一个互动课程会以简单的方式让您理解这些疾病，然后进一步让您明白您的饮食习惯如何造成甚至加速这些疾病的恶化。学员们也将学习如何设计自己的饮食餐单，帮助改善相关的问题。同时，您也会学习如何阅读以及分析食品标签，正确选择适合自己的食物。

Full Course Fee / 课程原价: **S\$128.40**

Singapore Citizens aged 50 and above (Nett Fee after NSA Subsidy)/

新加坡公民年龄50岁或以上(NSA补贴后): **S\$68.40**

Next class / 下一课: **10 Dec 2022 (Sat/周六)**

[https://www.rp.edu.sg/ace/short-course/Detail/healthy-eating-for-golden-ages-\(mandarin\)](https://www.rp.edu.sg/ace/short-course/Detail/healthy-eating-for-golden-ages-(mandarin))

Aromatherapy for Everyday Use 简易日用香熏疗法

Love the lingering scent of the Spa that you went to? Have you ever wondered what created that scent and why it leaves you feeling relaxed or refreshed? Recreate the experience at home by learning more about essential oils and their effect on the human body!

Join us to find out the history and origins of aromatherapy, how essential oils affect the body's systems as well as the many uses of essential oils at home. You will also learn how to blend essential oils with carrier oils and make your own personal massage blend! In addition, you will learn the basic techniques of hand massage.

您是否享受萦绕在Spa 水疗中心那让您平静与舒缓身心的芳香？您是否想学习如何调配精油，利用精油的芳香及疗效让自己放松与感到精神焕发？通过了解精油及其对人体的功效，您也能在家中复制Spa 水疗中心的体验！今天就加入我们的课程，了解香熏疗法的历史和起源、精油如何影响人体系统、以及精油的各种用途。课程也将指导大家如何利用载体油与不同的精油混合，调配出属于您独特的按摩油！此外，参与者也将有机会学习基本的手部按摩技巧。

Full Course Fee / 课程原价: **S\$176.55**

Singapore Citizens aged 50 and above (Nett Fee after NSA Subsidy)/

新加坡公民年龄50岁或以上(NSA补贴后): **S\$68.40**

Next class / 下一课: **18 Feb 2023 (Sat/周六)**

<https://www.rp.edu.sg/ace/short-course/Detail/aromatherapy-for-everyday-use>

Getting Here

RP ACE @ WOODLANDS

Republic Polytechnic
9 Woodlands Avenue 9, Singapore 738964



NEAREST MRT STATIONS

Woodlands (North South Line)
Woodlands North (Thomson East Coast Line)



BUS SERVICES

169, 902*, 911

*902 operates from 7:30am to 10am on weekdays except for public holidays and school vacations.

RP ACE @ PAYA LEBAR

Lifelong Learning Institute
11 Eunos Road 8, Level 7
Singapore 408601



NEAREST MRT STATIONS

Paya Lebar (Circle and East West Lines)



Visit www.rp.edu.sg/ACE or scan the QR Code to find out more about our lifelong learning courses

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For latest update, please refer to our website.