

STARTER SERIES **ROUND TWO**

Welcome back!



We're curating a series of special activities just for you! From workshops, classes to workouts, here's the opportunity to try something new, pick up a skill or meet new people! These activities are **open to the public** and will be held at Capital Tower, level 9.

Rally your colleagues and friends in the CBD, and sign up now!

[Click here to Register](#)

DATE	ACTIVITY	TIME	LOCATION
16 Oct WED	Paediatric Tuina Hands-on Workshop session part 1 (theory)	12.00 to 1.30pm	Flex Room
	AND		
18 Oct FRI [Option 1]	Paediatric Tuina Hands-on Workshop session part 2 (hands-on)	12.00 to 1.30pm	Flex Room
19 Oct SAT [Option 2]	Paediatric Tuina Hands-on Workshop session part 2 (hand-on)	11.30 to 1.30pm	Flex Room
22 Oct WED	Managing Sub-health Conditions with Traditional Chinese Medicine (TCM) Health Talk	12.00 to 1.30pm	Flex Room/ Auditorium (tbc)

For enquires, please email: wong.yinteng@capitaland.com

Category : Workshops



Eu Yan Sang
ACADEMY

余仁生学院

 Safe  Gentle  Non-invasive  Painless

Paediatric Tuina Hands-on Workshop

(Closing Date for Registration: Fri, 15 October 2019)

Looking for ways to help your kids alleviate common childhood ailments, but concerned over oral medication or acupuncture needling pains? Consider an all-natural, safe, gentle and non-invasive approach using Paediatric Tuina massage therapy. Better still, learn the techniques and apply on your child at home!

Paediatric Tuina is a form of external TCM therapy which stimulates specific acupuncture points or areas to manage and prevent common ailments in children. Through the course you will learn paediatric massage techniques from a trained TCM physician for:

- Promoting growth and development
- Improving quality of sleep
- Improving blood circulation
- Managing common diseases including common flu, fever, cough and asthma

Session 1 is a theory class and Session 2 is a hands-on practical class where you are encourage to bring your child. Otherwise, a doll will be provided for practice.

Venue

Flex, Level 9, Capital Tower

Date & Time

Part 1 Theory

Wed, 16 October 2019
12.00 pm to 1.30 pm

AND

Part 2 Hands-on
Option 1

Fri, 18 October 2019
12.00 pm to 1.30pm

Option 2

Sat, 19 October 2019
11.30 pm to 1.30pm

Pricing: S\$120/person or \$200/caregiver pair for a 3-hour course
** Prices are inclusive of both sessions.*

[Register here](#)

Category : Workshops



Eu Yan Sang
ACADEMY

余仁生学院

Managing Sub-health Conditions with TCM

(Closing Date for Registration: Fri, 10 October 2019)

“Sub-health is imbalance in the body that has not developed into an illness yet.” Are you ignoring clues that your health needs a tune-up? A person who has mild symptoms such as a dry mouth or a runny nose can still be unhealthy from a TCM perspective, even without suffering from the usual illnesses like fever or flu. 6 Common signs of sub-health are:

- Insomnia
- Irritability
- Runny nose in the morning
- Constipation
- Frequent urination
- Hair loss

Find out what it means to have sub-health in through the Health talk and book a TCM consultation for a full health analysis.

[Register here](#)

Venue

Auditorium/Flex, Level 9,
Capital Tower

Date & Time

Health Talk

Wed, 22 October 2019
12.00pm to 1.30pm

Pricing: S\$5/person

Date & Time

TCM Consultation slots
with full health report
Wed, 22 October 2019
11.30am to 3pm

***Limited slots available for
booking**

Pricing: S\$38/person
(normal rate S\$48)

STARTER SERIES ROUND TWO
Capital Tower Level 9 | Learning Lifestyle Wellness Hub