



To tackle heart disease, high blood pressure, diabetes, insulin resistance and pre-diabetes.

Cardiovascular disease is the top cause of death in Singapore. Every day 16 people die from different heart diseases and stroke. The diabetes picture is not pretty either. By 2050 there could be a million diabetics in Singapore!

You do not have to be one of these statistics. You do not have to die, lose a limb or eyesight, be in pain or lead a poor quality of life due to these diseases that are mostly driven by diet and lifestyle factors.

Imagine being energetic and looking forward to many years of vibrant health. You can achieve these if you know how to make and sustain positive changes to your diet and lifestyle habits.

Want to know how? Join us at 5 weekly workshops from March 27-April 25.

It's **A Very Different Lifestyle Medicine Workshop** because each is:

- Root cause driven. Based on the principles of functional medicine we help you to understand WHY and HOW you got to your present state of poor health.
- Interactive. The more you participate the more you benefit.
- Practical. But we also get you to think out of the box.
- Inspiring. With a common goal, we will inspire and support each other.
- Empowering. You decide how to take charge of your own health.

Conducted by Josephine Ng, Registered Nutritional Therapist and Functional Medicine Practitioner. Profile <http://thenutritionmentor.com/about/>

Venue: 15 Scotts Road, Thong Teck Building 04-08, Singapore 228218

Programme

Workshop 1 March 27, 28 6.30-8pm	Introduction to the Functional Medicine health model Chart your health time-line Identify your root causes, lifestyle strengths and weaknesses
Workshop 2 April 4 6.30pm-8pm	Diet – focus on a specific food plan Work out your dietary goals
Workshop 3 April 11 6.30-8pm	Stress, Relationships and Community Identify your sources of stress and support network Your stress management plan
Workshop 4 April 18 6.30-8pm	Sleep and Movement - how they affect health Set and track your sleep and movement goals
Workshop 5 April 25 6.30-8pm	Putting it all together

* The workshops may at times run till 8.30pm.

* Workshops are conducted in English only.

Cost: \$375. Early bird price \$320 if booked and paid by March 19.

Trial workshop 1 for \$55: You may trial the first workshop on March 27 or 28. The \$55 will be applied to the total of \$375 if you decide to sign up for the rest of the series, subject to availability. Booking needed.

Please note only 12 places are available for the rest of the workshops.

To book or enquire, please email jo@thenutritionmentor.com and include your contact number.