



Community for
Successful Ageing

A Tsao Foundation Initiative

报名或询问，请与我们联系
To register, please contact us at
6661 9566 or
tlr_comsa@tsaofoundation.org



CHOOSE TO BE HAPPY – WORKING WITH OUR EMOTIONS

In this practical, hands-on workshop, you will learn:

- Where emotions, like worry, anxiety and so on come from
- How you can manage your difficult feelings
- How to transform negative thinking into positive ones
- Create more happiness in your life

About the Learning Room

The Learning Room offers coaching and personal development programmes to master the course of longevity. It is part of the Community For Successful Ageing (ComSA) which seeks to co-create a vibrant, mutually supportive and healthy home where all ages draw the benefits of longevity.

The Tsao Foundation's fourth and latest initiative, ComSA is a system approach with integrated, community-wide comprehensive programmes and services that include health and psycho-social care and pathways to empowerment and participation.

The Learning Room, Hua Mei Clinic (primary healthcare and care management service), Hua Mei EPICC (holistic health day-club for frail elders) and community participation programmes such as SCOPE and SWING, are all conveniently accessible at the ComSA Whampoa Centre, located at the Whampoa Community Club.

For more information, please visit www.tsaofoundation.org.

COURSE DETAILS:

DATE & TIME: 19, 26 Jul & 2, 16 & 23 Aug 2017 (Wed)
2.00pm – 4.00pm

DURATION: 10 hrs
(5 x 2-hour sessions)

VENUE:

ComSA Whampoa Centre
Level 3, Whampoa Community
Club.

FEES: \$54* (incl. GST)

*Subsidised fees for
Singaporeans & PRs aged 50 &
above. Further subsidy available,
please enquire.

Full course fees \$214 (incl. GST)

This is a short course supported by
National Silver Academy (NSA).
For more information on NSA,
please refer to www.nsa.org.sg