

# Staying Well - Secrets of Super Agers

**\*All Courses are fully funded by National Silver Academy and Tsao Foundation.**



## Topics

- Learn the common traits of super agers who maintain high physical and mental functions.
- Experiential / hands-on activities to stimulate your brain
- Nutritional values of food that nourishes your brain and body
- Benefits of physical workouts



## Details

**DATE:** 16th Dec 2019 (Mon)

**TIME:** 2.30pm to 5.30pm

**ADDRESS:** ComSA  
300 Whampoa Drive, #03-01,  
Singapore 327737

**FEES:** \$80.25\*(Inc GST)

\*Subsidised fees for Singaporeans & PRs aged 50 & above.

For more details, please call: **87330194**