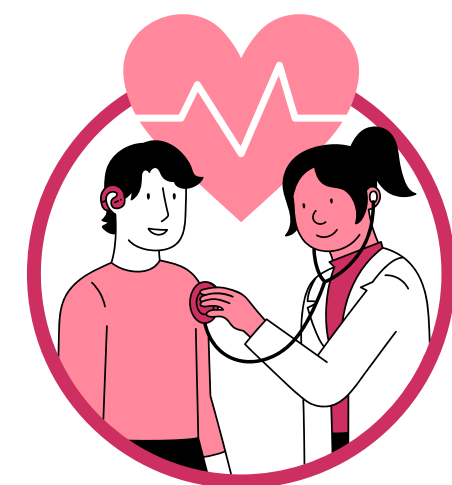


VIVA Wellness Programme

VIVA身心灵健康促进计划

VIVA-Chung Hwa TCM Health Talks



VIVA - 中华医院健康讲座

VIVA Hub Address:

8 Sinaran Drive, #03-01, Novena Specialist Centre, Singapore 307470

Date	Time (UTC +8)	Topic	Speaker	Language
31 Jan 26 Sat	1:30PM - 3:00PM	中医如何提高免疫力* How TCM Can Improve Immunity	Physician Song Yiqun 宋义群医师 	Mandarin (中文)
11 Apr 26 Sat	1:30PM - 3:00PM	胃和卧则安：脾胃与睡眠的关系* From Gut to Pillow: The Direct Link Between Digestion and Sleep Quality	Physician Ng Hui Ping 黄惠萍医师 	English
2 May 26 Sat	1:30PM - 3:00PM	<i>*Mother's Day Event</i> 女性养生妙招 Women's health tips	Physician Ho Ming Gen 何明根医师 	English
5 Jun 26 Fri	10:00AM - 12:00PM	<i>*Paid Session</i> 小小调理师** Young Wellness Expert	Physician Liew Sze Min 刘思敏医师 	English
4 Jul 26 Sat	1:30PM - 3:00PM	八段锦的养生功法* The health-preserving exercise of Baduanjin	Physician Ng Pu Jue 黄普觉医师 	Mandarin (中文)
1 Aug 26 Sat	1:30PM - 3:00PM	体质靓汤* Herbal Diet: Soup for Wellness	Physician Cai Xinjie 蔡欣洁医师 	Mandarin (中文)
5 Sep 26 Sat	1:30PM - 3:00PM	办公室综合征知多少* Introduction to Office Syndrome	Physician Tan Boon Han 陈文汉医师 	English
3 Oct 26 Sat	1:30PM - 3:00PM	中医在癌症防治与康复中的作用* The role of TCM in cancer prevention and rehabilitation	Physician Lim Ing 林英医师 	Mandarin (中文)
14 Nov 26 Sat	1:30PM - 3:00PM	健康茶饮* Healthy Beverage	Physician Liew Sze Min 刘思敏医师 	English
5 Dec 26 Sat	1:30PM - 3:00PM	中医对儿童近视的防治* TCM Prevention and Treatment of Myopia in Children	Physician Song Yiqun 宋义群医师 	Mandarin (中文)

Programme may be subject to changes.

Timetable updated on 11 January 2026 / 时间表已更新于 11/01/2026

标注「」的场次为 Hybrid 形式：现场（VIVA Hub）+线上（Zoom）/ Sessions marked with an asterisk (*) are hybrid sessions, conducted in-person @ VIVA Hub and online via Zoom.

** 付费儿童健康生活体验课程，以中医养生理念为背景/
Paid children's wellness experience inspired by TCM concepts experience session.

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