

中华医院（武吉班让诊所）开放日活动 - 25 Jan 2026
Programme of SCHMI @ Bukit Panjang Open House
Blk 123 Pending Road, #01-42 Singapore 670123 Tel: 6766 7576

1000 – 1030 hrs

Arrival of guests

1000 – 1030 hrs

嘉宾莅临

1030 – 1130 hrs

Start of Open House & Tour:

- Speech by SCHMI Chairman, Dr Goh Kia Seng
- Speech by Guest-of-Honour, Mr Liang Eng Hwa
Member of Parliament (Bukit Panjang SMC)
- Tour of Chung Hwa (Bukit Panjang)

1030 – 1130 hrs

开放日活动/参观:

- 中华医院董事会主席-吴佳盛博士致欢迎辞
- 主宾-武吉班让单选区国会议员连荣华先生致辞
- 参观中华医院 (武吉班让诊所)

1115 – 1200 hrs

TCM Health Talk (Mandarin)

Topic: Let's talk about Acupoints for Health & Wellness

Physician: Lee Nyiat Siang

Over 5 years of clinical experience in TCM, Graduated from Singapore College of Traditional Chinese Medicine, Guangzhou University of Traditional Chinese Medicine, China, Bachelor of Traditional Chinese Medicine

讲座内容简介:

随着繁忙的生活节奏，许多人感到疲倦、压力大等，因而影响身心健康。中医认为人体内存在着一套神奇的经络系统，适当刺激特定穴位能够疏通气血、调理脏腑功能，有助于身体自我修复，从而达到平衡。这次讲座将带您认识一些常用的健康保健穴，并学习如何通过简单的按压与按摩，达到身心放松、增强免疫力的效果。

1115 – 1200 hrs

中医健康讲座 (中文)

讲题: 谈谈健康保健穴

驻院中医师: 李月香

5年以上中医临床经验 毕业于新加坡中医学院
中国广州中医药大学 中医学学士学位

1030 – 1145 hrs

- Registration for TCM Consultation

1030 – 1145 hrs

- 报名登记义诊

1030 – 1200 hrs

- TCM Consultation (by SCHMI TCM Physicians)
- Herbal Display
- Acupuncture & External Treatment Display
- TCM Herbal Tea

1030 – 1200 hrs

- 中华医院医师义诊
- 草药展示
- 针灸及外治疗法展示
- 中药凉茶

1200 – 1230 hrs

- Buffet Lunch
- Goodie Bag Redemption

1200 – 1230 hrs

- 自助午餐
- 礼包领取

以上活动名额有限，先到先得。 Above events will be on a first-come, first-served basis.



中华医院-武吉班让诊所开放日活动

Programme of SCHMI @ Bukit Panjang Open House

25 Jan 2026

热忱服务 ▪ 慈善为怀

Dedication and Compassion