

潘老师 18 年养生分享会

30 天打造内外健康亮丽的体质

——潘秀霞老师

凭借她 18 年的国际餐饮顾问经验，安娜将分享如何让你长寿、健康和幸福的秘诀。她还将指导参与者如何在短短 30 天内打造内外健康亮丽的体质



Anna Phua

关于潘秀霞老师

- 现任“潘秀霞烹饪剧场”院长
- 365 防癌教育协会特约讲师/委员
- 主办肝胆排毒营，果汁断食排毒营
- 9 天瘦身饮食调理法食疗师
- 972 & 958 新传媒电台主讲美食、养生
- 在各大报章、杂志和电台 100.3，分享美食
- 担任一对一食疗顾问

- ✓ 改善肠道环境
- ✓ 永葆年轻、抗老化
- ✓ 补充身体元气，提高自愈力
- ✓ 使肌肤保持弹性、美白
- ✓ 体态轻盈，促进新陈代谢
- ✓ 净化血液，排出体内毒素

日期：19/03/19，星期二

时间：2pm~4pm or 7pm~9pm

地址：Atrix Bldg (opp Aljunied MRT) 82 Lorong 23 Geylang #01-03 Singapore 388409

报名热线：

67470069 /90605747

名额有限，仅限 30 位！

免费参加，请预先报名！

Let's Talk About Your Health

By Anna Phua

Drawing from her 18-year experience as a renowned international food and beverage consultant, Anna will share tips on how you can live a long, healthy and revitalized life. She will also guide participants on how to attain internal and external wellness in just 30 days



Anna Phua

About Anna Phua

- Anna's Cooking Arts Culinary School
- 365 Cancer Prevention Society Food Therapy Speaker/ Committee Member
- Liver & Gallstone Detox, Juice Fasting Programs
- 9 days Sliming Program
- Food Therapy Speaker for 97.2 & 95.8 Popular Radio Program
- Food Tasting Panellist in Established Food Directories
- Personal Food Therapist and coach

- ✓ Keeps aging at bay
- ✓ Promotes vitality and improves the body's healing process
- ✓ Keeps skin supple, elastic and fair
- ✓ Boosts the body's metabolism
- ✓ Purifies and detoxifies blood

Register early. Limited to 30 slots only!

Date: 19 March 2019

Time: 2pm to 4pm or 7pm to 9pm

Venue: Atrix Building (opposite Aljunied MRT) 82 Lor 23 Geylang #01-03 Singapore 388409

For enquiries, call:

67470069 or 9060574

Free! Please register first!