

<p>08.05.19 星期三/Wed 2pm-4pm</p> <p>Fees: \$18</p> <p>彬师傅 Chef Ben</p>	<p><u>彬师傅拿手好菜</u></p> <p>冰镇咕噜肉 咖啡叉烧 红烧狮子头 养眼果汁 香蕉菠菜椰子汁 (四肢水肿)</p>	<p><u>Special Dishes by Chef Ben</u></p> <p>Iced Sweet and Sour Pork Coffee Roasted Pork Braised Pork Ball in Brown Sauce Eye-nourishing Juice Banana Spinach Coconut Juice (Limb edema)</p>
<p>09.05.19 星期四/THur 2pm-4pm</p> <p>学费: \$80 Offer: \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>香港商业养生甜品</u> (抗老化, 让您皮肤有光泽, 亮丽)</p> <ul style="list-style-type: none"> • 杏仁糊 • 核桃糊 • 花生糊 • 芝麻糊 	<p><u>Popular H.K Healthy Dessert</u> (Anti-Aging & Skin-Brightening)</p> <ul style="list-style-type: none"> • Almond Paste • Walnut Paste • Peanut Paste <p>Black Sesame Paste</p>
<p>14.05.19 星期二/Tue 2pm-4pm Or 7pm-9pm</p> <p>Fees: \$80 Offer: \$38</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>酵素减肥养生, 5日排毒消脂法</u></p> <p>Day1: 梅子苹果凤梨青汁 (瘦小腹) Day2: 芹菜哈密瓜汁 (利尿, 淡化斑点) Day3: 果菜香瓜汁 (降脂, 通便) Day4: 萝卜凤梨金桔汁 (健脾理气) Day5: 苹果百宝汁 (促进体内新陈代谢, 清除体内毒素)</p>	<p><u>Enzyme Healthy Slimming, 5 Days' Detoxification Lower Fat Method</u></p> <p>Day 1: Plum Apple Pineapple Kale Juice (support slim stomach) Day 2: Celery Cantaloupe Juice (diuretic, dilute spots) Day 3: Fruits Vegetable Muskmelon Juice (lower fat, relaxing the bowels) Day 4: Radish Pineapple Kumquat Juice (helps spleen) Day 5: Apple Treasure Juice (helps the process of metabolism, detox)</p>
<p>01.06.19 星期六/Sat 2pm-4pm</p> <p>个人班学费: \$3000 Offer: \$185</p> <p>潘秀霞老师 Anna Phua</p>	<p><u>Anna 甜品店 (招牌)</u></p> <p>秘制椰汁黑糯米 黑龙江之雪 (雪糕黑糯米) 嘛嘛喳喳 (热/冷) 番薯圆/芋圆 DIY</p> <p>PS: 感谢你们多年来的支持及关照, 团体班教课仅此一次</p>	<p><u>Commercial Dessert</u></p> <p>Secret Coconut Milk Black Glutinous Rice Heilongjiang Snow (Ice Cream Black Glutinous Rice) "Bubur Cha Cha" (hot/cold) Sweet Potato Ball/Yam Ball DIY</p> <p>PS: Thank you for your support over the years. This is only once in the group class.</p>

Atrix Blg (opp Aljunied MRT)

82 Lorong 23 Geylang #01-03 Singapore 388409 Tel:6747 0069 or 6294 3588 or 90605747
Email: coyaku@yahoo.com.sg 欢迎登陆我们的网站: www.annascookingarts.com.sg

如果您不希望再收到我们的课程表，请您打电话或者发短讯给我们：**67470069 or 62943588 or 90605747**，谢谢！

If you don't want to receive our timetable, please call us (or send message) at **67470069 or 62943588 or 90605747**, thank you!



上课地址：Atrix Blg 82 Lorong 23 Geylang #01-03 Singapore 388409

报名热线：62943588/67470069/90605747 (10:30am~6pm)

网站：www.annascookingarts.com.sg

邮箱：coyaku@yahoo.com.sg

律动疗法

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你需要运动吗?你懒得运动吗?有一种轻松的方式，既不需要消耗力气，又可以使全身60兆细胞都活动起来，并且可以**哪里痛，动哪里**，简单运动15分钟，获得整身轻松，缓解疼痛。

课上大家可以针对自身的健康状况，向潘老师咨询如何通过律动改善症状。为您量身打造适合您的运动方式及解决疼痛问题。

每天简单的运动15分钟:

- 增加骨质密度，骨质年轻15岁
- 降低脂肪堆积 • 改善糖尿病
- 改善身体荷尔蒙 • 刺激青少年长高
- 改善心血管功能 • 改善帕金森氏症
- 改善腿脚无力易于跌倒问题、慢性病问题

潘老师示范:

红豆水(利尿消肿，稳定血压，改善疲劳，促进胃肠蠕动)

黑豆水(帮助排便，降低胆固醇，预防心血管疾病，抗氧化，改善水肿)

高钙杏仁奶(预防骨质疏松，增加好的胆固醇)

讲师资历

Anna

潘秀霞老师

潘秀霞老师, 养生达人兼餐饮顾问, 拥有超过四十年的授课经验。

现任:

- “潘秀霞烹饪剧场” 院长
- 365防癌教育协会委员与特约自然疗法讲师
- 日本乳酸菌Flora公司养生料理烹饪老师
- 她活跃于新传媒电视 (Mediacorp), 电台 (FM Radio 972 & 958), 各大报章, 杂志及大型活动烹饪示范会与讲座。
- 著有多本畅销书

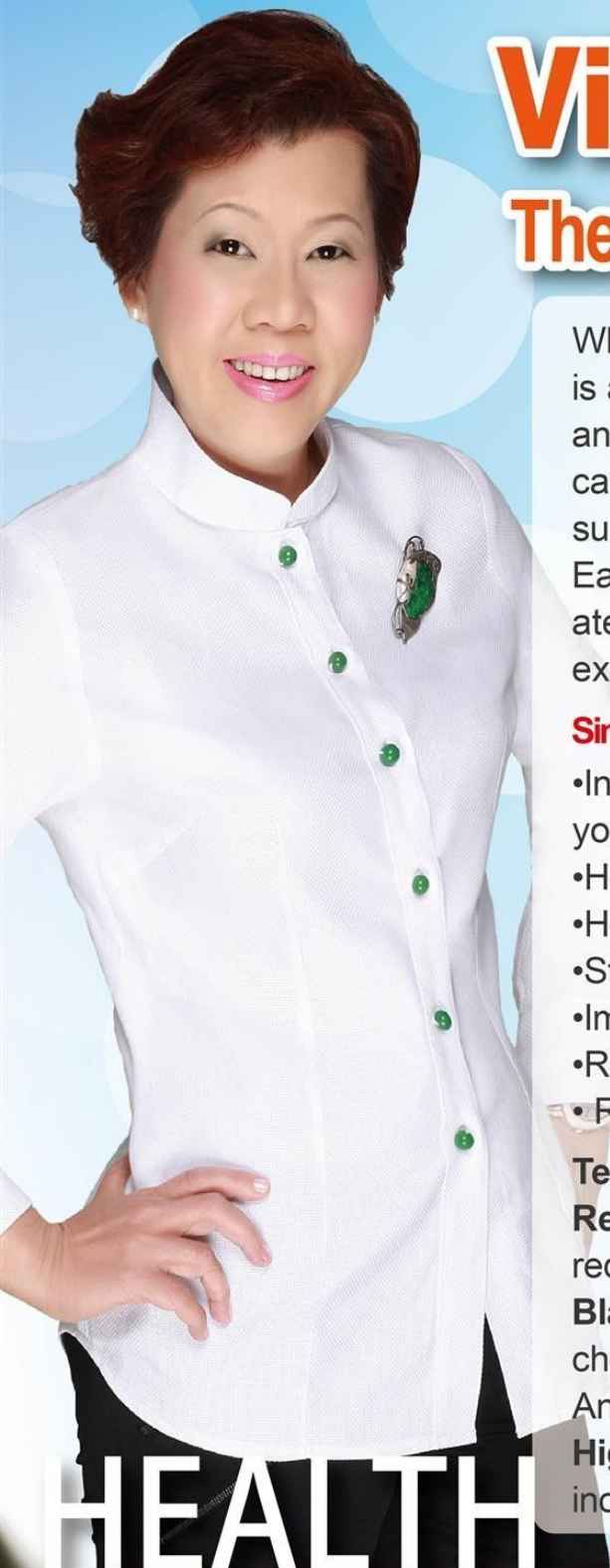
• 学费: \$10 • 上课时间: 15/05/19 星期三, 2pm-4pm or 7pm-9pm

• 报名热线: 67470069/62943588/90605747 • 名额有限, 仅限20位, 报名从速, 谢谢

• 上课地址: 82 Lorong 23 Geylang #01-03 S 388409

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Each student health condition will be accessed and evaluated by teacher Anna. Then will customise exercises that are beneficial to the student.

Simple and easy exercises 15 minutes twice per day:

- Increase bone density and have your bone 15 years younger.
- Helps reduce fat accumulation
- Helps balance hormone
- Stimulates teenagers' growth
- Improves cardiovascular functions
- Reduces risks of Parkinson's disease
- Reduces falls and chronic

Teacher Anna will demonstrate:

Red Bean Drink (reduce edema, lower blood pressure, reduce tired, helps for digestion)

Black Bean Drink (helps for constipation. Lower cholesterol. Prevent cardiovascular disease.

Anti-aging and improve edema)

High Calcium Almond Milk (Prevent osteoporosis and increase good cholesterol)

ABOUT ANNA PHUA

Anna

Anna Phua, a nutrition expert and food & beverage consultant, is the principal of Anna's Cooking Arts. With more than 40 years of culinary experience under her belt.

Anna currently holds the following positions:

- Anna's Cooking Arts Culinary School
- 365 Cancer Prevention Society Food Therapy Speaker/ Committee Member
- Cooking Instructor at Flora Sante' Pte Ltd

She actively appears on Mediacorp TV programs, various newspapers, and magazines. She also participates in large-scale cooking workshops.

Author of 8 best-selling books

• **Date: 15/05/19 Wed , 2pm-4pm or 7pm-9pm • Fees: \$10**

• **Tel: 67470069/90605747**

• **Address : 82 Lorong 23 Geylang #01-03 S 388409**

延年益寿 健康养生逆龄分享会

BIO MEDICAL Model of Health & Wellness



ANNA PHUA

潘秀霞老师

新加坡

972&958电台讲师

著名烹饪导师

饮食顾问

健康养生达人

365防癌教育协会疗顾问
及理事



TANNIE LEONG

梁雪梅老师

RBC LIFE GOLD DIRECTOR

RBC LIFE ACADEMY TRAINER

马来西亚中华自然医学协会
营养师

人寿保险管理课程导师

马来西亚电台“算盘女子”
节目嘉宾讲师

DATE 日期: 24/05/2019

Friday 星期五

TIME 时间: 2PM & 7PM (两场)

VENUE 地点:

Atrix Big (OPP Aljunied MRT)

82 Lorong 23 Geylang #01-03

Singapore 3888409



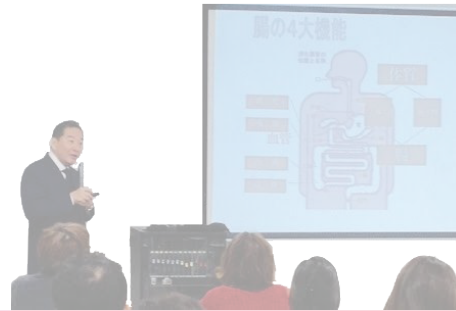
BIO MEDICAL Model of Health & Wellness

2019·05·03(星期五)

PM 2 - PM 4

人数有限 请预先报名

请播电到: +65 8382 0653



鈴木 光政_{ceo}



黄欣杰_{中医博士}



日·中 酵素益生菌与脾胃健康关系

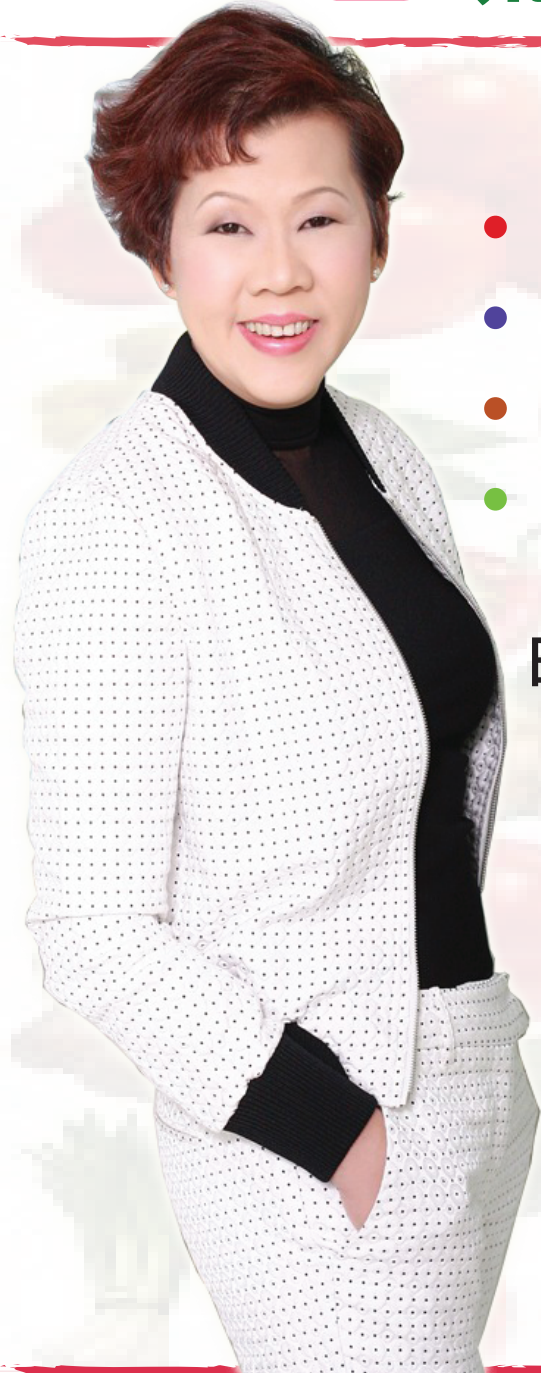
鈴木 光政_{ceo} 黄欣杰_{中医博士}

讲座会

ADDRESS : ATRIX BUILDING 82 LORONG 23, GEYLANG #01-03 S 388409

五色蔬菜食疗，吃出肠胃力

潘秀霞老师讲座



- 提升肠胃力的6个重点
- 喝水的好处、时机
- 取法酵素时的可能症状
- 食用益生菌的好处
- 植化素能预防疾病
- 提高肠胃力的重要食材
- 五色蔬果提高肠胃力

日期: **2019.05.10 (FRI. 五)** 时间: **PM 2 - PM 4**

报名热线: +65 8382 0653

地点: ATRIX BUILDING,
82 LORONG 23 GEYLANG
#05-01, SINGAPORE 388409

MRT STATION:
ALJUNIED