

MONTHLY HEALTH TALKS



14 December 2022, Wednesday

1.00pm to 2.00pm

Zoom Webinar

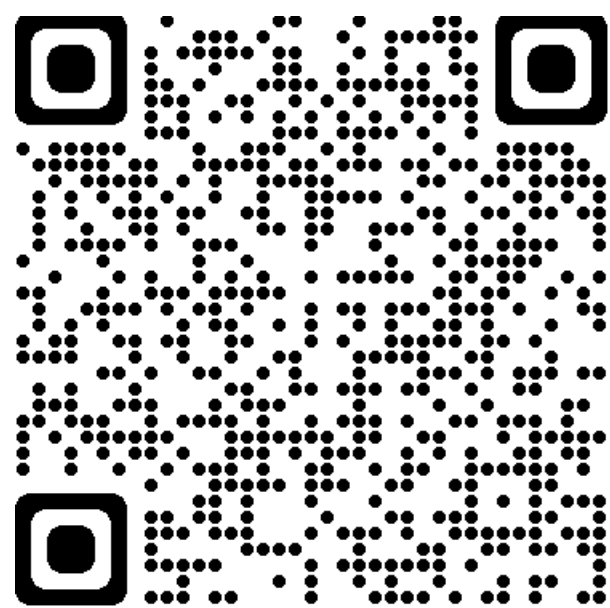
(Zoom details will be shared with you after registration)

TCM Approach To Neck Pain and DIY Acupressure Exercise

Speaker: Mr Derrick Soh, Acupuncturist, TTSH

Experienced by most, neck pain is caused by a myriad of factors, such as prolonged poor sitting posture and emotional stress. In recent years, the TCM approach has gained popularity as a supplementary treatment to manage neck pain.

Learn from our acupuncturist Mr Derrick Soh, the basic pathophysiology of neck pain & Do-It-Yourself TCM techniques, such as acupressure and stretches, to relieve neck pain in this interactive webinar!



**Register your attendance by
scanning the QR code on the left**

Registration Closing Date:
12 December 2022, 11.59pm

**If you faced any technical issues during registration, please call
Centre for Health Activation at 6357 8018 (Monday to Friday, 10.00am to 4.00pm)
or email us at cha@ttsh.com.sg**



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