

TCM APPROACH TO NECK PAIN AND DIY ACUPRESSURE EXERCISE

1 OCTOBER 2021 (FRI) | 4PM - 5PM

PROGRAMME

TTSH Partnership Development would like to invite you and your loved ones to join our Live Webinar TCM Approach to Neck Pain and DIY Acupressure Exercise!

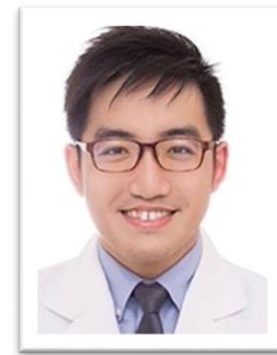
Neck stiffness, commonly experienced by most, is caused by a myriad of factors such as prolonged poor sitting posture and emotional stress. Besides medication, the TCM approach is gaining popularity as a holistic supplementary treatment to manage neck pain.

Don't miss the chance to learn from our acupuncturist Mr Derrick Soh, the basic pathophysiology of neck pain and basic do-it-yourself TCM techniques, such as acupressure and stretches, to relieve neck pain in this interactive live webinar.

The webinar is complimentary for all our Corporate Partners & your loved ones!

OUR SPEAKER

Physician Soh, registered TCM physician, is an Acupuncturist at TTSH Complementary and Integrative Medicine clinic and has been practising for more than 7 years.



Mr Derrick Soh,
Acupuncturist



REGISTER NOW!

Interested participants can register via the QR code or visit <https://bit.ly/3t8l5ue> by 24 September 2021.

Registered participants will receive an email notification with the Zoom Webinar details for the event.