

# BASIC HEALTH LITERACY COMPETENCY SKILLS TRAINING WORKSHOP

DAY 1: Saturday, 23 Jan 2021  
8.30am – 1.30pm



DAY 2: Saturday, 30 Jan 2021  
8.30am – 1.00pm

**Course Reference Number:** SkillsFuture Singapore (SSG)-Funded (CRS-N-0050757)  
*This course will be conducted as 2 separate half-day online sessions via Zoom.*

**REGISTER BY  
4 JAN 2021**

Health literacy can help individuals choose a healthier lifestyle, care for themselves and those around them better, and take advantage of preventive measures. This workshop aims to educate and equip participants with basic health-related knowledge and skills in the following areas.



At the end of this workshop, the participants would have gained a better understanding of the following:

- Healthy eating for adults and older persons
- Physical and mental benefits of exercise
- Exercise do's and don'ts for older adults and those with chronic diseases
- Common medications and how they work
- Self-care for common chronic conditions
- Rationale for health screening and vaccinations
- Financial schemes available for management of chronic conditions, hospitalisation & other medical needs
- How TCM works and the do's and don'ts of consuming TCM

**For Self-Funded Participants**

**CLICK HERE TO REGISTER**

(Under Member of Public; Short Course)

**For Enquiries & Corporate Registrations**

Contact Ms Zarinna at nusmedcet@nus.edu.sg

*Please note that the scheduled course run will proceed only if the minimum class size is met.*





**BASIC HEALTH LITERACY COMPETENCY SKILLS TRAINING WORKSHOP** **23 JAN 2021 & 30 JAN 2021**  
(REGISTER BY 4 JAN 2021)

**WHO SHOULD ATTEND**

- Community-based health ambassadors
- Health coaches interested in improving their basic health literacy related skills and knowledge

Participants are required to have basic English literacy (read/listen/write).

**OUR TRAINERS**

A multidisciplinary team consisting of esteemed faculty and healthcare professionals from NUS Yong Loo Lin School of Medicine, NUS Saw Swee Hock School of Public Health and National University Health System

**COURSE FEES**

	International Participants	Singapore Citizens		Singapore PRs	Enhanced Training Support for SMEs
		39 years old or younger	Singapore Citizen 40 years or older eligible for MCES		
Full Course Fee	\$850.00	\$850.00	\$850.00	\$850.00	\$850.00
Less: SSG Grant Amount	-	\$595.00	\$595.00	\$595.00	\$595.00
Nett Course Fee	\$850.00	\$255.00	\$255.00	\$255.00	\$255.00
7% GST on Nett Course Fee	\$59.50	\$17.85	\$17.85	\$17.85	\$17.85
Total Nett Course Fee Payable, Including GST	\$909.50	\$272.85	\$272.85	\$272.85	\$272.85
Less Additional Funding if Eligible Under Various Schemes	-	-	\$170.00	-	\$170.00
Total Nett Course Fee Payable, Including GST, after additional funding from the various funding schemes	<b>\$909.50</b>	<b>\$272.85</b>	<b>\$102.85</b>	<b>\$272.85</b>	<b>\$102.85</b>

For payment using SkillsFuture Credit, please enquire with us at [nusmedcet@nus.edu.sg](mailto:nusmedcet@nus.edu.sg) .

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