

Metabolic Activation

Natural Solutions & Interventions for Optimal Health

October 19, 2024 (Saturday) | 9 a.m. to 5 p.m.
Stephen Riady Auditorium @ NTUC, #07-01, One Marina Boulevard

FEATURED SPEAKERS



Dr Mark Bartlett
PhD in Immunology
& Cell Biology



Dr Heng Kiang Soon
PhD in Nutritional Science



Sue Wan
TCM Consultant Physician &
Practitioner

Discover the power of natural solutions to manage one of today's most pressing health challenges and transform your health and wellness.

Join this full-day symposium to learn from leading experts about the advanced research on metabolic health, effective lifestyle adjustments, and actionable tips to activate your body's own ability to optimise energy usage and mitigate conditions impacting general well-being. Don't miss this opportunity to master a holistic approach to achieving a better quality of life.

HIGHLIGHTS



Get insights into
latest research
on metabolic health
and conditions



Learn nutritional &
natural solutions
to manage & support
metabolic health



Learn easy exercises
to activate your metabolic
rate & overall wellness

TICKETS

\$\$48

Early bird*

\$\$58

Regular ticket



SCAN TO PURCHASE

bit.ly/YLSG13Symposium

*Early bird ends September 21, 2024.

Terms & conditions apply: bit.ly/YLSG13Symposium-TnC



FREE GIFTS

Every ticket comes with a Halal bento lunch set, a Frankincense Vitality Essential Oil 5ml (Worth S\$69) & a personalised InBody Analysis (Worth S\$40)