

Basic Health Literacy Workshop

Programme Code: TGS-2020502918 (SSG-Approved Course)

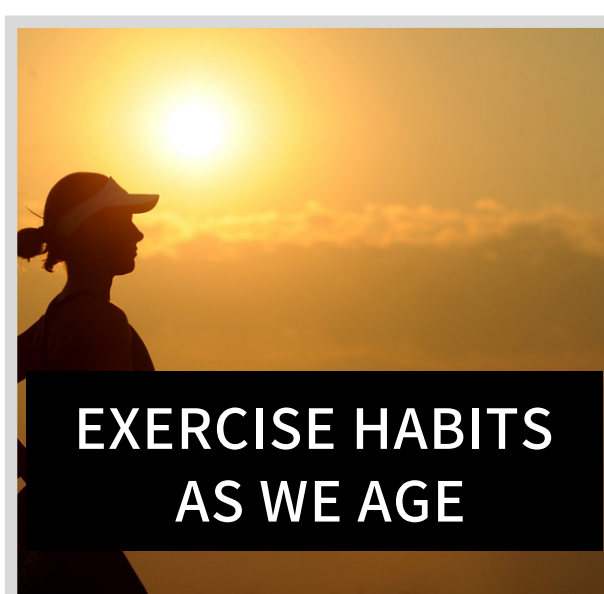
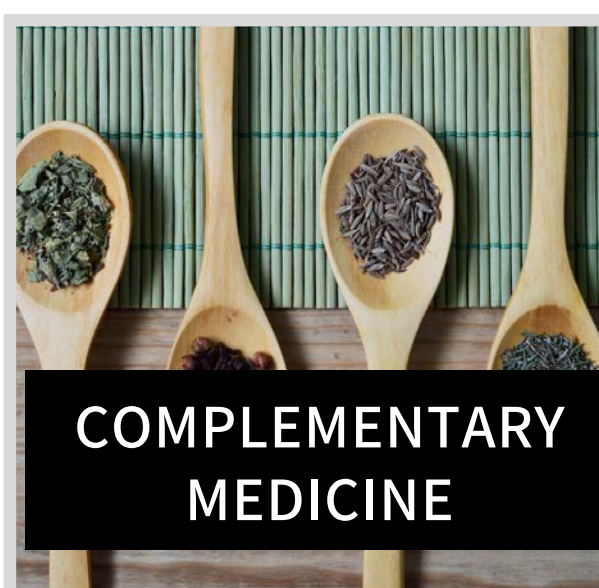
Saturday, 20 Nov 2021 | 8.30am — 1.30pm

Saturday, 27 Nov 2021 | 8.30am — 1.00pm

Register by 1 Nov 2021

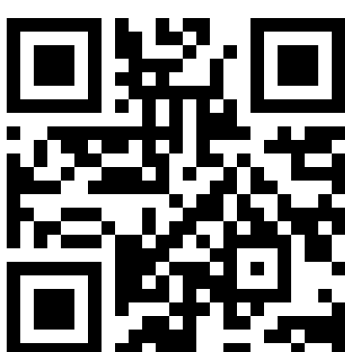
This course will be conducted as two half-day online sessions via Zoom.

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



At the end of this workshop, you will be able to recognise:

1. Healthy eating habits for adults and older persons
2. Exercise do's and don'ts for adults and older persons
3. How medications work in general and understand prescription labels better
4. Key symptoms, risk factors and treatment options associated with some chronic illnesses
5. Healthcare financing options in Singapore
6. Preventive health measures to understand the need for health screening
7. Mindfulness practices for greater resilience, focus, and healthy ageing



For Self-Funded Participants

CLICK HERE TO REGISTER

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.

Why Attend

Health literacy helps you, your loved ones and patients to:

- Choose a healthier lifestyle
- Take preventive measures
- Live a higher quality life

Who Should Attend

Care coordinators, community-based health ambassadors, healthcare assistants and anyone keen on improving their basic health literacy skills and knowledge

- Participants are required to be English literate (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

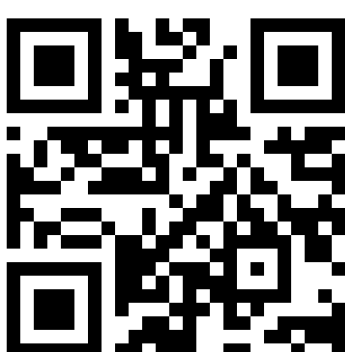
Modes of Assessment

- Quiz & oral assessment

From Our Past Participants

"The workshop was very interesting and informative. It provided lots of new insights in the various topics related to health literacy. The trainers are very lively and helpful in clearing our doubts throughout the course."

- Abirami, July 2021 Participant



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From Our Past Participants

"A very informative and interactive course! I've gained self awareness on basic health literacy which will lead to a better lifestyle."

- Wendy Lee, National University Health System

"Good health information for the general public and healthcare workers who are not clinically trained."

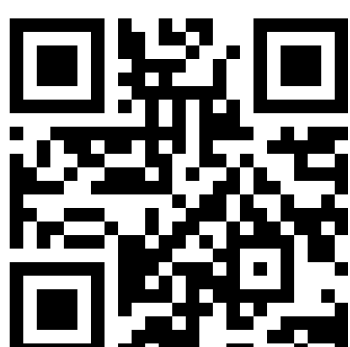
- January 2021 Participant, Alexandra Hospital

COURSE FEES

	International Participants	Singapore Citizens ¹		Singapore PRs	Enhanced Training Support for SMEs ³
		39 years old or younger	Singapore Citizen 40 years or older eligible for MCES ²		
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	\$909.50	\$272.85	\$102.85	\$272.85	\$102.85

Learners must record at least 75% attendance and pass all assessment components to be eligible for SSG funding

1. All self-sponsored Singaporeans aged 25 and above can use their SkillsFuture Credit to pay for the course. Visit the **SkillsFuture Credits website** to select the course.
2. Mid-Career Enhanced Subsidy (MCES) - Singaporeans aged 40 and above may enjoy subsidies up to 90% of the course fee.
3. Enhanced Training Support for SMEs (ETSS) - SME-sponsored employees (Singapore Citizens and PRs) may enjoy subsidies up to 90% of the course fee.



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