



Course Category	Extra-curricular Activities			
Course Title	Eat Well And Be Healthy			
Course Code	EC097			
Medium of Instruction	Chinese			
Duration	3.0 hour(s)			
Course Fee	Macao Resident: MOP250 (Early Bird Promotion: MOP230) Non-Macao Resident: MOP250 (Early Bird Promotion: MOP230)			
Certificate	Certificate of Attendance by Request			
	Course Code	Sub Code	Course Start Date	Course End Date
	EC097	2401	2024/06/05	2024/06/05
	Course Code	Sub Code	Registration Period	Quota
	EC097	2401	2024/01/31 - 2024/05/29	20
Outline	This training will allow participants to understand the physical and mental benefits of healthy eating. It will also introduce some stress-relieving foods and weight control methods for office workers and those on shifts. In this way, participants can move forward to good health.			