

To support active aging in Singapore, the School of Chemical & Life Sciences is offering a series of National Silver Academy courses that helps you acquire new and emerging skills and competencies. Singapore Citizens aged 50 years and above will receive subsidies and therefore enjoy a reduced course fees.

Course Title & Description	Course Date	Duration (hours)	Total Program Fee (incl GST)
<p><b>Cooking for the Elderly and Effects of Aging on Taste (CL0525)</b> Sensory threshold changes with age. This course aim to help participants to discover changes in their taste perception as they grow older. They will understand how ageing alters their taste perception and eating patterns, which may lead to chronic health conditions.</p>	Refer to course website	8 hours	\$91.20/ \$171.20
<p><b>Understanding Food Labels (CL0392)</b> - This course is designed for individuals above 50 years old who wants to improve their knowledge in Basic Nutrition. Through lectures and interactive activities, common nutrition myths will be debunked and they will also be given the opportunity to learn nutrition label reading.</p>	Refer to course website	8 hours	\$91.20/ \$171.20
<p><b>The Science of Aging Gracefully: Diet, Exercise &amp; Skin Care (CL0524)</b> - This is a course suitable for both genders of all ages and levels of fitness. The first half of the course provides a quick overview of our body's dietary requirements, with emphasis on carbohydrates, proteins and lipids, and the body's response to exercise. The second half of the course covers an overview of the skin structure and the role of skincare products in maintaining good skin health.</p>	Refer to course website	8 hours	\$91.20/ \$171.20
<p><b>Medication for Common Ailments (CL0391)</b> - This course aims to assist participants in the understanding of safe and effective use of over-the-counter medications to manage common ailments such as flu, diarrhoea and vomiting. Participants will be taught how to choose the most appropriate choice of medication, identify the risks involved in self-care, and monitoring for side effects.</p>	Refer to course website	8 hours	\$91.20/ \$171.20
<p><b>Eat Healthy &amp; Stay Beautiful through TCM-infused Diet (CL0443)</b> - The course explores the concept of an herbal diet in TCM, together with the energetics of common foods. Some common Chinese herbs with tonic characteristics will be introduced and methods of preparing herbal diets will also be shared for a more vibrant and beautiful lifestyle.</p>	Refer to course website	8 hours	\$91.20/ \$171.20
<p><b>Protecting against bacteria and viruses (CL0516)</b> - Flu season! Dengue cluster! MERS Co-V respiratory infections! Disease-causing germs are all around us! As we age, we become more vulnerable to attacks by these germs. In this short course, you will learn about the viruses and bacteria that pose a threat to the elderly and learn how to protect yourself, to stay healthy.</p>	Refer to course website	8 hours	\$91.20/ \$171.20
<p><b>What does my blood test tell me? (CL0517)</b> - Have you ever wondered what the terms a blood test result might mean? Things such as HSL/LDL ratios, MCV, MCH, MCHC, and MPV, just to name a few, can be quite confusing. All these components in a blood test can provide important information about many types of conditions. Your doctor may order a blood test to help diagnose the cause of a condition associated with such symptoms as fatigue, bleeding, or inflammation. In this course, you will gain a basic understanding of what the components of a blood test may mean, so that you can be clearer when your doctor discusses the blood tests results with you. You will be able to make an informed decision about health screens and take an interest in your own health care.</p>	Refer to course website	8 hours	\$91.20/ \$171.20

<b>Creating your own Scented Candle (CL0518)</b> - Imagine relaxing in a quiet room, with soft lighting, amidst a sweet fragrance. With aromatherapy candles, you can do just that! In this course, you will use simple raw materials to create your own customized take-home scented candles. All the materials you will use are safe and natural, and easy to obtain.	Refer to course website	8 hours	\$91.20/ \$171.20
<b>Age gracefully: Understanding your medications (CL0519)</b> - This course will provide participants with an overview of the medications commonly used in the elderly population. It aims to equip individuals with a better understanding to take ownership and manage one's own health. Other areas that will be discussed include signs and symptoms to watch out for and the use of supplements.	Refer to course website	8 hours	\$91.20/ \$171.20
<b>Is it safe to take my medicine with my herb? (CL0520)</b> - This course will provide the participants with the fundamentals in medication safety, in particular, on the management of combining prescription medication and Herbal medication. Types of herbal medication, their relevant pharmacological properties, and the safety aspects when combining herbal medication with the prescription medication will be discussed.	Refer to course website	8 hours	\$91.20/ \$171.20
<b>Is it safe to volunteer for drug trials? (CL0521)</b> - This course will provide the participants with the basic understanding on the clinical trials, with the primary focus on the pros and cons, as well as the safety aspects of volunteering in clinical trials in Singapore. There will be elaboration on the informed consent process and what to expect for a trial visit, as well as its relevant legal and ethical considerations.	Refer to course website	8 hours	\$91.20/ \$171.20
<b>Ice Cream making made easy (CL0522)</b> - This course is designed for individuals who wants to know the basics of ice cream making without the technicality. Participants will make and compare ice cream of different fat contents during the practical session. The participants will be equipped with knowledge on the functions of the common ingredients used in ice cream and they can apply the knowledge learnt in the workshop to make ice cream at home. The workshop covers these activities: i. Hands-on ice cream making experience ii. Short lecture on the different types of frozen desserts, functions of common ingredients used in ice cream and ice cream manufacturing process	Refer to course website	4 hours	\$57.00/ \$107.00
<b>Understanding your Drinking Water: From Source to Tap (CL0523)</b> - The module introduces the basic principles and concepts in drinking water treatment. The participant will learn about the physical, chemical and biological characteristics of various constituents in water and the methods for analysing the constituents. Basic water treatment processes, such as sedimentation and disinfection, will also be covered.	Refer to course website	8 hours	\$91.20/ \$171.20

**Course fees Table (Incl GST)**

Course Duration	Program fee (unsubsidised)	SC ≥ 50 yrs old (after funding)
8 hours	\$171.20	\$91.20
4 hours	\$107.00	\$57.00

*The courses are eligible for SkillsFuture credit.*

**Course Enquiry**

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For more information, go to <https://www.nvp.edu.sg/schools/scl/lifelong-learning.html> or scan:  
 For bill payment, please indicate reference as: CET(NRIC)(Course code). Example: CET1234567XCL1004

