

LIVE Broadcast Seminar

Exercising in the right way will keep you healthy, and vice versa, doing the wrong exercise can lead to injuries. To live well, begin your health journey today and keep your body decades younger through regular exercise.

It can be difficult to balance fitness with a hectic lifestyle, however, we are equipped with health information that are readily available and through these information, we learned how sports and exercise can bring health benefits and how the body adapts to physical activity during sports & exercise. Through effective exercising, workouts are done the right way and we can stay younger by optimizing health benefits and eliminating injuries!

As a part of the Nefful International family who has been focusing on beauty, health and wealth, you must not miss this opportunity to get fit for life!

The seminar will be conducted in Mandarin, with English interpretation provided. For the instructions on English interpretation, please click [here](#) . See you online!

Seminar Topic	: Get Fit for Life, Exercise the Effective Way Out!
Registration Link	: http://bit.ly/3ffL7Gp_Neffulintl_202106HealthSeminar
Registration Date	: 24 May 2021 (Monday), 10:00am onwards until fully registered
Seminar Fee	: Free
Targeted Attendees	: All Partners of Nefful International
Speaker	: Dr. Weng Tzu-Hua
Date and Time	: 9 June 2021 (Wednesday) 14:00 - 16:00

Terms & Conditions:

1. The seminar will be conducted in Mandarin with English interpretation provided. (Powerpoint will be prepared in Chinese).
2. Only online registration will be accepted. Kindly register through link provided above within the registration period.
3. Online seminar will be using ZOOM app as the training platform, kindly download the ZOOM app before attending the seminar.
4. Attendees is required to ensure the display name on ZOOM app remains similar to their registration with Nefful International and online registration form of this seminar for verification purposes.
5. Nefful International reserves the rights to change or amend the terms & conditions without prior notice.

21.05.2021