

DISCOVERING *MT* ODYSSEY

探索妮生活

WELLNESS, VITALITY AND BEAUTY
- MORE THAN PRODUCTS, IT'S A WAY OF LIFE
健康、活力與美麗，不只是產品，而是一種生活態度

SATURDAY
星期六

APR 04
四月 2026 CHINESE
中文

14:00PM
|
15:00PM

NEFFUL KUALA LUMPUR
SEMINAR ROOM
妮芙露吉隆坡研修室

LEARNING HIGHLIGHTS

講座大綱

- **Embrace Wellness - Cultivate lasting well-being and create a foundation for a balanced life**
擁抱健康 - 喚醒健康能量，讓生活回歸純粹與安心
- **Ignite Vitality - Unleash vibrant energy that drives positivity and purposeful living**
點燃活力 - 為生活注入動能，讓每一天充滿積極光彩
- **Glow with Beauty - Radiate authentic confidence through timeless inner and outer beauty**
綻放美麗 - 由內而外綻放魅力，自然展現自信與風采



DORIS LOK
駱湘滢



Elevate your seminar experience
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解鎖妮的美麗生活，
全程參與即可領取RM150特惠券1張!*

SIGN UP

NOW!
立即報名!

- SPEAKER'S PROFILE

講師簡介

- **Friendly personality and humorous**
性格友善 幽默風趣
- **Has been working as a lecturer in Nefful Malaysia for more than 10 years**
在妮芙露馬來西亞擔任講師已超過10年，累積豐富的教學經驗
- **Knowledgeable about Nefful product features**
十分了解商品特色

*Redeemable with a minimum purchase of RM1,800 and is valid for use on the day of the seminar only. Limited quantity available.

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T HURSDAY
星期四

APR 23
四月 2026 CHINESE
中文

19:30PM
|
20:30PM

NEFFUL PENANG
SEMINAR ROOM
妮芙露檳城研修室

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DISCOVERING *MT* ODYSSEY

探索妮生活

EXPLORE THE IMPACT OF ANTIOXIDANTS TO HUMAN HEALTH
探索抗氧化劑對健康的影響力

SATURDAY 星期六 | **APR 25** 四月 2026 | 14:00PM | NEFFUL KUALA LUMPUR SEMINAR ROOM 妮芙露吉隆坡研修室
ENGLISH 英文 | 15:00PM

LEARNING HIGHLIGHTS 講座大綱

- ◎ Identify the sources of harmful free radicals which can be detrimental to your health
瞭解有害自由基的形成以及對人體造成的傷害
- ◎ Unveil the power of antioxidants in reversing the signs of aging
揭露抗氧化劑對逆轉衰老跡象的作用
- ◎ Learn how to improve your internal antioxidants level
學習如何提升體內的抗氧化劑水平



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- SPEAKER'S PROFILE 講師簡介

- ◎ Internationally Certified Senior Nutritionist
國際認證資深營養師
- ◎ Holds a Bachelor's Degree (Hons) in Nutrition from Australia and Malaysia
持有澳大利亞和馬來西亞營養學榮譽學位
- ◎ Has more than a decade of professional experience as a certified nutritionist, nutrition consultant, and nutrition trainer for MNCs
持有十多年擔任認證營養師、營養顧問以及跨國保健企業培訓師的專業經驗
- ◎ Passionate in precision nutrition and cutting-edge anti-aging nutrition
熱衷於精準營養以及高階的抗衰老營養

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