



MSS APPLICABLE

EAT WELL

EAT RIGHT

for Better Health



The Power of TCM Herbal Foods

🕒 Sat, 23 May 2026 | 2pm to 4pm **📍 Lounge 1883**

In this talk, learn to simplify food therapy and "eat right" for your specific body constitution. Gain practical tips to nourish yourself naturally and maintain better health.

ABOUT THE SPEAKER

Joanna Wong is a TCM herbal cuisine specialist and author of Herbalicious. With 16 years of experience at Eu Yan Sang, she helped evolve the brand into a regional household name. Today, she founded Herbalicious by Joanna to bridge ancient TCM wisdom with modern dining for a healthy body and mind.



Speaker

Joanna Wong

CHARGES

Members	\$5+
Members' Guests	\$10+

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https://tinyurl.com/_SRCctmtalk

Registration is on a first-come, first-served basis. No cancellation will be entertained after the registration closes on 8 May 2026. This event will be cancelled if the minimum number of 10 pax is not reached.