



Lee Hui Fang

TCM Practitioner, Trainer &
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WELLNESS FOR GOOD Team Workshop

Having digital fatigue?

Want to balance your body & mind?

Discover ways to recover from digital fatigue via acupressure massage and learn how herbal teas can help balance your body and mind.

This team workshop will help you to:

- *Combat Digital Fatigue the Traditional Chinese Medicine (TCM) Way
- *Learn some easy to do At-Home-Exercise to rebound your body
- *Appreciate how various Herbal Teas can nourish your body & mind
- *Share some fun time together with your team (and not about work!)

Transforming Lives Through Education

100% proceeds go to support children
in rural Cambodia complete school