





# **LEARN PROGRAMS**

**FEB.22**



	TIME	PROGRAM NAME	LOCATION	DURATION
MON	1:00 PM	SHORT SCREENING	STUDIO 0B	30 MIN
TUE	1:00 PM	SHORT SCREENING	STUDIO 0B	30 MIN
	8:00 PM	DOCUMENTARY SCREENING	STUDIO 0B	90 MIN
WED	1:00 PM	SHORT SCREENING	STUDIO 0B	30 MIN
THU	1:00 PM	SHORT SCREENING	STUDIO 0B	30 MIN
	8:00 PM	DOCUMENTARY SCREENING	STUDIO 0B	90 MIN
FRI	1:00 PM	SHORT SCREENING	STUDIO 0B	30 MIN
SUN	12:30 PM	SHORT SCREENING	STUDIO 0B	30 MIN



# PROGRAM DETAILS



## **DOCUMENTARY SCREENING**

Come and view our monthly screenings and unravel the science of “grounding” with The Earthing. Based on research and advise from medical experts, discover the health benefits of connecting your bare skin to the ground beneath your feet, and a miraculous study of nature’s impact on the human body.

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## **SHORT SCREENINGS**

Join us this month for our two short screenings on the benefits of wholesome food and being in nature, with quick informative facts brought to you bi-weekly. Learning works in small steps, so come and take them with us!

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## **E-COOKBOOK**

The joy of wholesome home-cooked meals and eating well cannot be undermined. As an opening gift, we will be bringing you 14 simple yet tasteful nutritionally-backed recipes that are enjoyable to make and provide you with the knowledge of what you consume and how it contributes to your wellness. Savour the experience of healthy cooking with us!



