



Monthly Health Education Session:

每月健康講座

"Sleep Well -- Guide to sleep and spinal health" ★

- Ergonomics of sleep
- Choice of mattress and pillow
- Exercises and tips to improve quality of sleep

Date: Thursday 27 January, 2005

Time: 7:00 - 8:30 pm

Venue: Central Clinic

Speaker: Mr. Kerry Fung ★

Language: Cantonese (Handouts are provided in English)

Free Admission

Please call 25372083 to reserve your seat

**Attendants could buy our healthy pillow with 10% off on that day. ✨

「睡得悠遊 -- 睡眠與脊骨健康指引」

- 睡眠的人體工學
- 如何選擇床褥及枕頭
- 改善睡眠質素的運動和小貼士

日期: 二零零五年一月廿七日(星期四)

時間: 晚上七時至八時半

地點: 中環診所

講者: 馮偉業物理治療師

語言: 廣東話(英文講義)

費用全免, 報名及查詢請電25372083。

座位有限, 請及早報名。



**凡參加者可在當日以九折購買本診所的健康枕頭。



Happy New Year!

新年快樂

本診所將於

年初一(二月九日)至年初五(二月十三日)休息,

年初六(二月十四日)照常應診。

This clinic will be closed from
9 February 2005 to 13 February 2005,
and will resume normal service from
14 February 2005.

