



## News 動向



### Olivia Pinto

(rich experience and skills in health care and in consciousness work, both as a clinician as well as an international speaker)

#### Health care:

- physiotherapy: war injuries & sports injuries in Israel
- head physiotherapy department - Matilda Hospital, Hong Kong
- physiotherapist of the HK Olympic team during (Pusan & Bangkok)
- owned clinic in Central, Hong Kong
- owned clinic in Cyprus
- owns a clinic in Israel
- many holistic approaches / therapies

Ms. Olivia Pinto 將於二零一四年九月十五日我們中環診所應診，如欲在香港接受 Ms. Olivia Pinto 治療，敬請致電 2537 2083 預約及查詢。

Ms. Olivia Pinto is coming to our central clinic to assess and treat client on 15th September 2014. Client who would like to have consultation with her in Hong Kong, please call 2537 2083 for appointment.

## 中醫服務



劉兆如中醫師八月起於整全保健學院醫療中心中環診所及旺角診所應診。劉醫師擅長治理中醫內科、婦科、皮膚科、兒科病症，歡迎各位預約。

Dr Lau Siu Yu, Registered Chinese Medicine Practitioner, will provide consultation service in both Central and Mongkok Clinics of the Centre for Holistic Healthcare. Dr Lau's clinical specialties are internal medicine, gynaecology, paediatrics and dermatology. You are welcome to consult him by appointment.

## Upcoming Programs

How to stop suffering from pain or life problems (I-OP-1409)

Instructor : Olivia Pinto

Date: Thursday 11 Sept 2014

Time: 7pm – 10pm

**New!**

Professional Certificate of Acupuncture in Physiotherapy- Module 2  
物理治療針灸學專業證書- 第二單元 (I-PCAP-1415)

September – December 2014

Certificate in Acupuncture For Physiotherapists (Macau)  
物理治療師針灸證書 (澳門) (I-CAP-1409)

September – December 2014

Fundamental Massage Therapy Certificate for Health Care Workers  
健康服務人員推拿治療基礎證書 (I-MTHCW-1409)

3 September - 29 October 2014 ( Every Wednesdays - except 1 October)

For more courses, please visit our website [www.iholistic.org](http://www.iholistic.org).

Please feel free to contact us at 2537 2083 or 3741 1970 for enquiry.

## Monthly Health Education Seminars 每月健康講座:

Be a Non-injured Badminton Player  
常見羽毛球傷患



羽毛球是香港最受歡迎的運動之一。羽毛球是個別和非接觸性運動，但需要於不同姿勢進行跳躍、撲球、快速改變方向和手臂動作。由於羽毛球運動的獨特體力要求，可能會經常發生四肢受傷。羽毛球運動員中最常見的損傷包括：網球肘、跟腱損傷和踝關節扭傷等。預防傷患對持續進行羽毛球運動是非常關鍵。因此，這是難得的機會瞭解羽毛球常見的受傷原因、治療和預防方法。

講者: 潘啟光註冊物理治療師

日期: 二零一四年八月廿八日 (星期四)

時間: 晚上七時至八時半

地點: 中環診所

香港中環德輔道中二十號德成大廈 508 室

語言: 廣東話

報名及查詢請電 2537 2083

※費用全免，名額有限，請早報名※

*Health is a continuum of physical, mental & spiritual well being.*

整全健康道 至善身心靈