



Kerry Fung & Associates Physiotherapy Services 馮偉業物理治療師事務所  
Institute of Holistic Healthcare 整全保健學院  
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## Monthly Health Education Seminar 健康講座

### 你有壓力我有壓力，如何解決??

現代都市人生活緊張急促，工作壓力巨大。這些負面力量的傷害之深大難以估計。壓力無處不在，且不能避免及解決，那怎麼辦呢？本講座會教導你簡單而有效的放鬆減壓方法，達致身心健康。

講者：陶智超物理治療師

日期：二零零六年七月二十七日（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 20 號德成大廈 508 室）

語言：廣東話



費用全免。報名及查詢請電 2537 2083。

座位有限，請早預約。

### Simple Stress Relieving Methods

We live under stress and tension. This negative energy is traumatic and damaging. How can we co-exist with stress? How can we handle it? This seminar will teach you how to relieve stress easily and conveniently.

Speaker: Mr. Ray To, Registered Physiotherapist

Date: 27th July, 2006 (Thursday)

Time: 7:00 - 8:30pm

Venue: Central Clinic

(Room 508 Takshing House, 20 Des Voeux Road Central, HK)

Language: Cantonese

*Free admission. For enquiries, please contact us at 2537 2083.  
Seats are limited, please reserve yours early.*