

# 馮偉業物理治療師事務所

## Kerry Fung and Associates Physiotherapy Services

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### Monthly Health Education Seminars

## X-TREME SPORTS Series 1 Race Walking



We are welcoming a new team member at Kerry Fung & Associates, Adriane Stjernqvist, whom will be holding the first out of 5 talk series introducing some of the most popular extreme sports in team, individual and social settings offered in Hong Kong today.

Hong Kong, one of the most adventurous and buzzing cities in the world, is commonly known for it's fast paced lifestyle. However, have you ever considered ways that would help you travel even faster everyday?

Come and join us on September 29th, as Adriane will teach you how to walk even faster than you'd ever think possible! - introducing Race Walking as the first health talk on the X-treme sports mini series. This talk will include movement analysis as well as advice for safe training and injury prevention. We are hosting this

in conjunction with the upcoming annual MTR Race Walking 2013 taking place on October 14th. So whether you are a participant, sponsor, or interested sports fanatic trying to pick up a new hobby.

We welcome you! Come and join us.

●Talk In English

●Free Admission

Speaker: Miss. Adriane Stjernkvist (Registered Physiotherapist)

Date: 24th September, 2013 (Tuesday)

Time: 7:00-8:30pm

Venue: Room 508, Takshing House, 20 Des Voeux Road Central, Hong Kong

For enquiries, please contact us at 2537 2083

Seats are limited, please reserve yours early