

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

伸展健體操,你我一起做。

是次講座內容豐富,主要包括:

- ❖ 熱身運動
- ❖ 簡易循環練習普及健體操
- ❖ 毛巾操
- ❖ 工作間活絡伸展操

講者: 陶智紹物理治療師

日期: 二零零九年九月三十日(星期三)

時間: 晚上七時至八時半

地點: 德輔道中 20 號德成大廈 508 室

語言: 中文 免費參加



Keep Fit. Everyone Can Do It.

The followings will be included during the program:

- ❖ Warm up and cool down
- Simple fitness exercise
- **❖** Towel exercise
- Exercise in the workplace

Speaker: Mr. Ray To, Registered Physiotherapist

Date: 30th September, 2009 (Wednesday)

Venue: Rm 508, Takshing Hse., 20 Des Voeux Rd. Central

Language: Cantonese

Free Admission.