



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：陶智超物理治療師

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.