



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



何謂 整全保健法 ？

現代人生活急促，工作緊張，因而導致因工作及生活壓力的疾病及痛症。同時亦衍生了不同的保健方法，如推拿、按摩、穴位按壓及瑜珈等。透過是次講座，陶先生會解釋及指導你如何整全地保健。

講者：陶智超物理治療師

日期：二零一零年一月廿八日（星期四）

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

What is Holistic Healthcare ?

Modern life is full of stress and tension. Many researches revealed that chronic painful disorders or diseases are closely related to stress and tension. Because of these, many healthcare products & methods such as massage, tuna, acupressure etc. is becoming very popular. Under our physiotherapist Mr. To's guidance, you will be able to understand how to maintain health holistically.

Speaker: Mr. Ray To, Registered Physiotherapist

Date: 28th January, 2010 (Thursday)

Time: 7:00pm – 8:30pm

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

Language: Cantonese Free Admission.