

每月健康講座

減肥瘦身，你有需要嗎？

時下流行減肥瘦身，大部份人，尤其是女仕們都多為擁有美好身段而投身瘦身行列。眾所周知，肥胖除了影響外觀，還與很多心肺血管的慢性疾病有直接關係。本講座的重點如下：

- 肥胖所帶來的慢性疾病及其影響
- 如何測試自己是否肥胖
- 如何正確及健康地減肥

講者：陶智超註冊物理治療師

日期：二零零六年二月二十三日（星期四）

時間：晚上七時至八時半

地點：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。

Monthly Health Education Seminars

Do you want to have a slim & healthy body?

In order to have a slim body build, most people, especially ladies urge to participate in weight reduction program and this kind of program is becoming very popular. Needless to say, obesity affects our appearance and is highly related to chronic diseases. This seminar will focus on the followings:

- Chronic diseases caused by obesity and their adverse effects
- How to simply test if you are obese
- Exercise therapy to reduce weight correctly & healthily

Speaker: Mr. Ray To (Registered Physiotherapist)

Date: 23rd February, 2006 (Thursday)

Time: 7:00 – 8:30pm

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

Language: Cantonese

Free Admission.

For enquiries and reservation, please contact us at 2537 2083.

Seats are limited, please reserve yours early.