



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

物理治療師教你放鬆減壓方法

現代都市人生活緊張急促，工作壓力巨大。這些負面力量的傷害之深大難以估計。壓力無處不在，且不能避免及解決，那怎麼辦呢？本講座會教導你簡單而有效的放鬆減壓方法，達致身心健康。

講者：陶智超物理治療師

日期：二零零九年五月二十一日（星期四）

時間：晚上七時至八時半

地點：中環診所（香港中環德輔道中 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。



Physiotherapist teach you how to relieve stress

We live under stress and tension. This negative energy is traumatic and damaging. How can we co-exist with stress? How can we handle it? This seminar will teach you how to relieve stress easily and conveniently.

Speaker: Mr. Ray To, Registered Physiotherapist

Date: 21st May, 2009 (Thursday)

Time: 7:00 - 8:30pm

Venue: Central Clinic
(Room 508 Takshing House, 20 Des Voeux Road Central, HK)

Language: Cantonese

*Free admission. For enquiries, please contact us at 2537 2083.
Seats are limited, please reserve yours early.*