



Monthly Health Education Seminar 健康講座

每月健康講座

腰骨痛醫好耐都未好,點算好?

在這緊張及繁忙的都市生活裏,腰痛已成為很多人的困擾,影響生活及工作。有些人習以為常,有些人抱怨為何腰患久醫未除。當你有腰患的時候,你會如何處理呢?如何面對或改善這些慢痛症呢?治療師會與你詳談一下。

講者: 陶智超註冊物理治療師

日期: 二零零八年十月三十日(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: 中文

費用全免。 報名及查詢請電 25372083。

座位有限,請早預約。

Monthly Health Education Seminars

What can I do if my low back pain remains?

In this nervous and busy city lifestyle, low back pain is a very common painful disorder that affects a lot of people. It affects our daily life and work. Some people get used to it. However, some people blame that why this painful disorders can not be remediated. How do you manage if you have low back pain? How can you encounter and improve chronic pain? Mr. To will discuss them with you.

Speaker: Mr. Ray To (Registered Physiotherapist)

Date: 30th October, 2008 (Thursday)

Time: 7:00pm - 8:30pm

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

Language: Cantonese

Free admission. For enquiries, please contact us at 25372083.

Seats are limited, please reserve yours early.