

Wellness Weeks

10th – 21st September 2018



10th Sep (Monday)

- Health Lounge 互動健康攤位**
10:00 - 17:00 (Staff Lounge, G/F, HKIAT)
- LMS Office Ergonomics and Stretching Exercise 工作間伸展大法**
12:45 - 13:45 (Lobby, G/F, HKIAT)
- LMS Relaxing Yoga 減壓瑜伽**
18:15 - 19:15 (Staff Lounge, G/F, HKIAT)
- LMS Circuit Training 消脂訓練**
18:00 - 19:00 (Room P0D, G/F, RPSO)

11th Sep (Tuesday)

Nutrition Day 食得有營日

No Registration Required

12:00 - 18:00 (Lobby, G/F, HKIAT)

- LMS Anti-aging Foods Diet and Supplement Dos and Don'ts 「不老傳說」 - 飲食秘密**
12:45 - 13:45 (Staff Lounge, G/F, HKIAT / Live Broadcast Room P0D, G/F, RPSO)

- LMS iDance**
18:15 - 19:15 (Staff Lounge, G/F, HKIAT)

- LMS Circuit Training 消脂訓練**
18:00 - 19:00 (Room P0D, G/F, RPSO)

12th Sep (Wednesday)

- Dietitian Consultation 至「營」諮詢**
Traditional Chinese Practitioner Consultation 中醫問症
10:00 - 18:00 (Lobby, G/F, HKIAT)
- LMS Know Your Health by Observing Tongue, Nails and Color of Face & Tips on Health Keeping**
觀人於微知健康
12:45 - 13:45 (Staff Lounge, G/F, HKIAT / Live Broadcast Room P0D, G/F, RPSO)
- LMS Circuit Training 消脂訓練**
18:15 - 19:15 (Staff Lounge, G/F, HKIAT)
- LMS Tai Chi Baduanjin 太極八段錦**
18:00 - 19:00 (Room P0D, G/F, RPSO)

Mouse over the topic to view more details.
Click the or for registration.

13th Sep (Thursday)

- LMS Posture Analysis 姿勢大剖析**
12:00 - 17:00 (Lobby, G/F, HKIAT)
- LMS Dietitian Consultation 至「營」諮詢**
LMS Traditional Chinese Practitioner Consultation 中醫問症
12:00 - 18:00 (Room P0C, G/F, RPSO)
- LMS Essential First Aid Skills Everyone Should Know (CRP, AED & Choking)**
意外現場 - 急救大法
12:45 - 13:45 (Staff Lounge, G/F, HKIAT)
- LMS Circuit Training 消脂訓練**
18:15 - 19:15 (Staff Lounge, G/F, HKIAT)
- LMS Relaxing Yoga 減壓瑜伽**
18:00 - 19:00 (Room P0D, G/F, RPSO)

14th Sep (Friday)

Biodots and Mental Health Tips

「壓力」測試站

No Registration Required

12:00 - 18:00 (Lobby, G/F, HKIAT)

- LMS Managing Stress with Your Mind**
靜能量: 減壓體驗坊
12:45 - 13:45 (Staff Lounge, G/F, HKIAT / Live Broadcast Room P0D, G/F, RPSO)
- LMS Relaxing Yoga 減壓瑜伽**
18:15 - 19:15 (Staff Lounge, G/F, HKIAT)
- LMS Circuit Training 消脂訓練**
18:00 - 19:00 (Room P0D, G/F, RPSO)

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17th Sep (Monday)

Parent Expo 家長情報站

No Registration Required

12:00 - 17:00 (Lobby, G/F, HKIAT)

Head to Shoulder Massage 肩頸鬆一鬆

10:00 - 18:00 (Training Room 1 & 2,

Training Centre, 5Z539)

LMS How to Talk so Your Kid will Listen?

親近孩子不二法門

12:45 - 13:45 (Staff Lounge, G/F, HKIAT /

Live Broadcast Room P0D, G/F, RPSO)

LMS How to Use Aromatherapy to Enhance Wellness? 「香薰治療」工作坊

18:15 - 19:45 (Staff Lounge, G/F, HKIAT)

LMS Relaxing Yoga 減壓瑜伽

18:00 - 19:00 (Room P0D, G/F, RPSO)

18th Sep (Tuesday)

Head to Shoulder Massage 肩頸鬆一鬆

10:00 - 18:00 (Room P0D, G/F, RPSO)

LMS Essential First Aid Skills Everyone Should Know (CRP, AED & Choking)

意外現場 - 急救大法

12:45 - 13:45 (Room P0D, G/F, RPSO)

LMS DIY Energy Bar Workshop

「營養能量棒」製作班

18:15 - 19:15 (Staff Lounge, G/F, HKIAT)

LMS Relaxing Yoga 減壓瑜伽

18:00 - 19:00 (Room P0D, G/F, RPSO)

19th Sep (Wednesday)

On-site Vision Screening 「睛」靈測試

12:00 - 17:00 (Lobby, G/F, HKIAT)

LMS How to Choose a Right Partner & Maintain a Good Marriage?

「您」想伴侶 · 「理」想伴侶

12:45 - 13:45 (Staff Lounge, G/F, HKIAT /

Live Broadcast Room P0D, G/F, RPSO)

LMS Tai Chi Baduanjin 太極八段錦

18:15 - 19:15 (Staff Lounge, HKIAT)

LMS Circuit Training 消脂訓練

18:00 - 19:00 (Room P0D, G/F, RPSO)

20th Sep (Thursday)

Head to Shoulder Massage 肩頸鬆一鬆

10:00 - 18:00 (Staff Lounge, G/F, HKIAT)

Dietitian Consultation 至「營」諮詢 Traditional Chinese Practitioner Consultation 中醫問症

10:00 - 18:00 (Training Room 1 & 2,
Training Centre, 5Z539)

LMS Office Ergonomics and Stretching Exercise 工作間伸展大法

12:45 - 13:45 (Room P0D, G/F, RPSO)

LMS iDance

18:15 - 19:15 (Staff Lounge, G/F, HKIAT)

LMS How to Use Aromatherapy to Enhance Wellness? 「香薰治療」工作坊

18:00 - 19:00 (Room P0D, G/F, RPSO)

21st Sep (Friday)

Health Market 健康市集

No Registration Required

12:00 - 17:00 (Lobby, G/F, HKIAT)

LMS DIY Energy Bar Workshop

「營養能量棒」製作班

12:45 - 13:45 (Rm P0D & P0B, G/F, RPSO)

LMS Tips on Financial Planning for Different Life Stages 人生投資攻略

18:00 - 19:00 (Staff Lounge, G/F, HKIAT /

Live Broadcast Room P0D, G/F, RPSO)

For enquiries, please contact Melody Yeung (Ext. 87117) or Leeman Lee (Ext. 87971) of the Human Resources Department.