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# Health Workshop (Part I)

## 4 Hours

**Date: Saturday, 21 June 2014, 1:30 pm - 5:30 pm**

**Venue: Room FJ301, Polytechnic University, Hung Hom**

**FREE OF CHARGE**

**Speaker: Mr. P. S. Wong 黃步城先生**

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### 養生保健座談會-1 (4 小時)

- 1) 解釋中藥通過君臣佐使配伍後可大大降低副作用.
- 2) 介紹中醫六大療法--1.砭(刮痧) 2.針刺 3.艾灸 4.中葯 5.按蹻 6.導引術 (太極, 氣功, 八段錦, 五禽戲.....).
- 3) 用現代醫學解說刮痧之功效-殺菌及補血!
- 4) 介紹中西醫之各自優點及專長.
- 5) 介紹中醫之十二主要經脈及任督二脈與西醫之血液淋巴免疫系統交叉述說, 如何行氣活血以提升自體免疫力,達到上醫治未病之功效.
- 5) 介紹用植物提純及蔬果治療或舒緩濕疹, 痛風及糖尿.
- 6) 介紹 Chelation Therapy 螯合治療如何舒緩血管之堵塞!
- 7) 介紹蕭宏慈的"拉筋拍打治百病", 如何用拉筋拍打自我療癒坐骨神經痛, 五十肩及腰腿痛等.
- 8) 解釋及動作示範 [養生健康頌]

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**< REPLY SLIP 回條 >**

Please complete & return via fax 28100344 / e-mail: [winston.lam@envirobuildingsolutions.com](mailto:winston.lam@envirobuildingsolutions.com)

Name: \_\_\_\_\_ (Ir/Mr/Ms/Miss)

No. of Attendance: \_\_\_\_\_ (max. 4) (under 1 registration)

Member:  HKAEE,  AEE-HKC,  Supporting Organizations

Mobile Phone: \_\_\_\_\_, e-mail: \_\_\_\_\_

## List of Supporting Organizations

- Asian Institute of Intelligent Buildings
- Hong Kong Registered Ventilation Contractors Association
- Hong Kong Institution of Engineers - Gas & Energy Division
- International Facility Management Association (Hong Kong Chapter)
- The American Society of Heating, Refrigerating and Air-Conditioning Engineers Hong Kong Chapter
- The Building Services Operation and Maintenance Executives Society
- The Chartered Institute of Plumbing and Heating Engineering Hong Kong Branch
- The Chartered Institution of Building Services Engineers, Hong Kong Branch
- The Society of Operations Engineers (Hong Kong Region)