



香港浸會大學
HONG KONG BAPTIST UNIVERSITY



COLLEGE OF 國際學院
INTERNATIONAL EDUCATION



Healthy Lifestyle Programme Stretching and Relaxation Workshop 伸展及身心放鬆工作坊

Throughout the workshop, you will experience and learn

- basic and useful stretching exercises
- practical and effective relaxation techniques
- resources to take good care of yourself and your friends

Date: 4 Mar 2021 (Thursday)

Time: 3:30-4:30p.m.

Venue: 2/F, Sport Centre , Shek Mun Campus

Fee: Free of charge

Target: All students

Medium of Instruction: Cantonese

Online Registration: <http://bit.ly/2ND9zr9>

Application Deadline: 1 Mar 2021(Monday)



Enquiry: Ms. Yuen Chan (3411-3303 / ciesdc@hkbu.edu.hk)