



CIE 2025

WELLNESS WEEK



MAR 3-7, 2025
Shek Mun Campus

手作
Handcraft

歌唱表演
Singing
Performance
7 Mar@Podium

攤位
Booths
12-2pm@5/F

工作坊
Workshops

講座
Talks

Four Major Themes 四大主題



Mental Health
心理健康



Physical Health
體能健康



Healthy Lifestyle
有「營」生活



Inclusion
共融

Workshops & Talks



REGISTER NOW

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CIE 2025 WELLNESS WEEK



Limited Quota!



REGISTER NOW



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3
(MON)

順流教室 - 光雕
Mind Bath Classroom - Shine Carving
Speaker: Shall We talk
3:30-5:30pm | SMC 913



4
(TUE)

順流教室 - 流體畫
Mind Bath Classroom - Fluid Art
Speaker: Shall We talk
3:30-5:30pm | SMC 1014

5
(WED)

原生家庭給我們的個人成長
The Impact of Our Family of Origin
Speaker: 和諧之家
2:00-3:30pm | SMC1002



5
(WED)

順流教室 - 五感茶茗
Mind Bath Classroom - Tea Sensory
Speaker: Shall We talk
3:30-5:30pm | SMC 909

6
(THU)

順流教室 - 頌鉢
Mind Bath Classroom - Singing Bowl
Speaker: Shall We talk
2:30-4:30pm | Sports Centre 208



6
(THU)

順流講堂 - 演員林子善
Talks and Sharing Sessions -
Hong Kong Actor, Mr. Jazz Lam
Speaker: Shall We talk
3:30-5:30pm | SMC 801



7
(FRI)

領導力中的情緒韌性
Emotional Resilience in Leadership
Speaker: Dr. Chan Kwok Tung
12:30-2:30pm | SMC701



7
(FRI)

順流教室 - 擴香石
Mind Bath Classroom - Aroma Stone
Speaker: Shall We Talk
3:30-5:30pm | SMC 808