





精神健康週 Mental Health Week 2021

大專健康抗毒推廣活動

University Health & Anti-drug Promotion Activity



易拉架展覽 Exhibition

目的 Objectives:

- 1. 促進健康生活及情緒健康 Develop healthy lifestyle and mental wellness
- 2. 提高抗毒意識及對戒毒康復者的接納 Promote anti-drug awareness and acceptance towards drug rehabilitees



互動遊戲 Interactive Games

Date: 9 March 2021 (Tue)

Time: 1130-1530

Venue: SMC 5/F Interactive Commons

Fee: Free of Charge

Target: For all interested students

Enquiry: Ms. Yuen Chan (3411 3303 /

ciesdc@hkbu.edu.hk)

**Participants will be awarded a souvenir carrying health messages





壓力測試 Stress Test



