

Healthy Lifestyle Programme Building You a Balanced Diet 識飲識食新型態!

Content:

- How to plan a practicable and balanced diet
- Benefits, myths and new types of vegetarian diet
- Useful tips on how to maintain a healthy lifestyle

Date: 10 Feb 2021 (Wednesday)

Time: 1:00-2:00p.m.

Venue: SMC 801, Shek Mun Campus / Zoom

Guest Speaker: Ms. Tiffany Cheung
(Nutritionist & Assistant Program Manager of Green Monday)

Fee: Free of Charge

Target: All SCE HD & AD students

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

Application Deadline: 8 Feb 2021 (Monday)



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

