

SA News: SA Lunchtime Workshop: Lower Back Pain Relieve on 16 Jan 2017

Staff Association HKUST

Fri 23/12/2016 16:43

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Dear Colleagues,

In this HKUST Staff Association (SA) News, we would like to share with you the following:

SA Lunchtime Workshop: Lower Back Pain Relieve – the most practical DIY_method

“Do you have lower back pain that just wouldn’t go away regardless of the hours you spent at your physiotherapist’s or doctor’s? ...”

In the workshop, you will get to know the basic facts of your lumbar spine and how to avoid getting hurt by some daily bending actions and more.

Speaker: Mr. David Wong, Certified Athletic Trainer (ATC) and Certified Chinese Traditional Manipulative Therapist (CCTMT)
Date: 16 Jan 2017 (Mon)
Time: 1:00pm – 2:00pm
Venue: Lecture Theatre H
Language: Cantonese, supplemented by English
Details: http://staff.ust.hk/pdf/LunchTalk_16Jan17_BackpainRelieve.pdf

Dec 23, 2016
HKUST Staff Association

For enquiry, please contact staff@ust.hk
"Services & Benefits" - Special Offer: http://staff.ust.hk/service_off.html
Interest Group & Teams: <http://staff.ust.hk/interest.html>

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各位同事：

香港科技大學教職員協會是次會訊內容如下：

教職員會午間工作坊：腰酸背痛的解除-最有效的DIY

您常常會腰酸背痛嗎?您連彎腰檢一張紙都會扭到腰嗎?服食藥物或者推拿已經再難減輕腰的酸痛了?也許現在要學習或選用一個不會扭到腰的方法了。

日期：2017年1月16日(星期一)

時間：下午1時至2時

地點：LTH

語言：廣東話為主,輔以英語

講者：黃益亮先生(講者簡介請參閱英文版本)

活動詳情：http://staff.ust.hk/pdf/LunchTalk_16Jan17_BackpainRelieve.pdf

香港科技大學教職員協會
2016年12月23日

查詢電郵：staff@ust.hk

服務與福利/商品折扣：http://staff.ust.hk/service_off.html

興趣小組與運動隊：<http://staff.ust.hk/interest.html>