

Dear Members & Affiliates 致各位會員及附屬會員:



Topic: 講題:	(課程編號 LUN008) - 解痛要及時 健身要堅持
Speaker(s): 講師:	Jay Wong & Dorcas Kong Personal Trainers From Eliment FitLax  eliment FITLAX / PERSONAL TRAINER / JAY "Don't forget why you started, goal oriented" JAY WONG Jay Wong gained his professional credential in Sports Coaching and Rehabilitation in Hong Kong. He is a certified Personal Trainer and registered Back Care Rehab Trainer. In past years, Jay has delivered various lectures for ongoing workshop in large gym chains, which focuses on strength and conditioning, sports injury prevention and management. His passionate effort to whole industry of health & fitness, to influence more people to know fitness is not just about weight lifting. Qualifications: Certified Personal Trainer Certified Back Care Therapeutic Exercise Specialist Certified Sports Injury Rehabilitation Specialist Certified WII Indoor Cycling Instructor Rehab Workshop Series (Trunk upper to lower limbs) NSP (NSP) movement culture 2019 CFP at JCU YOUR TRUSTED PARTNER  eliment FITLAX / PERSONAL TRAINER / DORCAS "Exercise is the greatest return to the body, hopefully can help you achieve it." Dorcas Kong Dorcas is a registered Fitness Trainer, she likes to share fitness knowledge, as well as fitness related experience life. Qualification: Sports Coaching Instructor (NSP) Certificate in Advanced Personal Fitness Trainer (AAFP) YOUR TRUSTED PARTNER



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香港華人會計師公會 The Society of Chinese Accountants & Auditors

(在香港註冊成立之有限公司)
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Highlights: 活動內容:	經常腰痛臀部痛可能係坐骨神經痛，是一種坐骨神經被壓迫之後造成的「症狀」，用來描述一種下背痛的通俗名稱。 長年的日常生活姿勢不良、肌肉張力不佳、運動創傷、重複性工作勞損都有機會坐骨神經痛。 不予理會後果可大可小，嚴重甚至會出現雙下肢癱瘓及排便功能障礙！ ✦ eliment FitLax 私人健身教練及背部護理師 Jay Wong 及伸展運動專家 Dorcas Kong 為大家深入了解更多及如何應對的運動方法： PART I : SCIATICA PAIN 坐骨神經痛處理方法 - by Jay Wong - 膝、腰背、坐骨神經痛的成因及病徵 - 預防都市三大痛症的重要性 - 大眾對時興之解痛方法誤解 PART II: DECOMPRESS CHRONIC STIFFNESS 舒解慢性關節僵硬 - by Dorcas Kong - 關節軟骨、肌腱及韌帶的關係 - 阻力訓練對骨關節健康的影響 - 手法矯治對關節的幫助療法 - 日常護理關節的動作示範
Date/Time: 日期及時間:	25 Nov 2021 (Thursday) / 12:30 pm – 2:00 pm 2021 年 11 月 25 日 (星期四) 下午 12 : 30 至 2 : 00
Format: 授課形式:	Webinar (Live via Zoom) 網路研討會 (Zoom 直播)
Language: 語言:	Cantonese 廣東話
Fee: 費用:	FREE for SCAA Members / Affiliates 免費 (華師正式會員 / 附屬會員)
Enrolment: 報名方法:	Please click HERE to enroll. 請 按此 報名。

Should you have any enquiries, please feel free to contact the Secretariat at Tel: 2869-6680 or email to info@scaacpa.org.hk. 如有任何查詢請與本會秘書處聯絡，電話：(852) 2869-6680 或電郵：info@scaacpa.org.hk。



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Enrolment for the webinar is on the first-come-first-served basis. **Each enrollee will be notified via EMAIL for the result of enrolment before webinar.** 網路研討會以先到先得形式接受報名，**成功報名者將獲本會以電郵通知。**

Yours faithfully

Lam Wai Shing, Canvas 林偉成

Chairman of Monthly Luncheon Committee 午餐例會主席

The Society of Chinese Accountants & Auditors 香港華人會計師公會