



創於1913年
Founded in 1913

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)
(Incorporated in Hong Kong as a company limited by guarantee)

110TH
ANNIVERSARY

HOW TO IMPROVE FLEXIBILITY AND MOBILITY

Speaker: Ms Icy Ng

1 June 2023

Course Code 1323

How To Improve Flexibility and Mobility (Course Code 課程編號: 1323)

Highlights:
課程重點:

- How to improve flexibility and mobility

Speaker:
講者:

Ms. Icy Ng

Ms Icy Ng is a fitness coach and stretching coach. She got three years of experience in teaching sport and Health. She has been HKTV's show to teach "home exercise" for 20 times, which is a meaningful issue of her career. She is now a freelance coach of difference centre. She wants to share her options of health to more people.

Chairman:
主持人:

陳靜宜女士 Ms. CY Chan

Chairman of SCAA Training Committee

香港華人會計師公會培訓委員會主席

Date:
日期:

1 June 2023 (Thursday)
2023 年 6 月 1 日(星期四)

Time:
時間:

7:00pm – 8:00pm
晚上 7:00 - 8:00

Format:
授課形式:

Hybrid seminar 混合形式研討會 (A/B)

- A. Face-to-face seminar 實體研討會 (Capacity: 30 participants 名額: 30 人)

SCAA Premises (6/F, 88 Lockhart Road, Wanchai, Hong Kong)
香港華人會計師公會 (香港灣仔駱克道 88 號 6 樓)

- B. 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 member/ affiliate/ member's staff/ student affiliate
免費 (只限華師正式會員/ 附屬會員/ 正式會員之僱員/ 學生會員)



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Enrolment: 報名:

- A. 如欲參與**實體形式**研討會，請**按此**報名。
If you would like to join the seminar through **physical mode**, please click **HERE** to enroll.
- B. 如欲參與**網絡形式**研討會，請**按此**報名。
If you would like to join the seminar through **online mode**, please click **HERE** to enroll.

Remarks: 備註:

The link to the zoom webinar will be sent to registered participants via email prior to the webinar.

Zoom 研討會連結將於課程舉行前發送至參加者的登記電郵地址。

Bad weather arrangement

This event may be cancelled or re-scheduled when typhoon no.8 or black rainstorm warning is hoisted. Please refer to our website www.scaacpa.org.hk for the arrangement.

惡劣天氣安排

八號風球或黑色暴雨警告信號生效時，課程將會延期舉行或取消。詳情請留意華師網站 www.scaacpa.org.hk 公佈。

Enquiry: 查詢:

SCAA Secretariat 華師秘書處
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Facebook: www.facebook.com/scaacpa

