

**公務員事務局 Civil Service Bureau**  
**職業安全及健康研討會 Occupational Safety and Health Seminar**

- 題目 Topic : 工作、運動與健康  
Smart Work, Exercise and Healthy Lifestyle
- 日期 Date : 7.4.2025 (星期一 Monday)
- 時間 Time : 上午9時45分至中午12時  
9:45 a.m. to 12:00 p.m..
- 地點 Venue : 香港銅鑼灣高士威道66號香港中央圖書館演講廳  
Lecture Theatre of Hong Kong Central Library,  
66 Causeway Road, Causeway Bay, HK
- 內容 Content : 研討會將介紹如何實踐健康生活方式，例如均衡飲食、恆常運動、充足休息和壓力管理，使員工更加健康。此外，研討會將講解運動如何能提升員工的體適能，使員工增加應付日常工作的能力，減低工作時受傷的機會。我們希望參加者將在研討會中獲得的資訊帶回所屬局/部門作進一步推廣。  
  
The seminar will introduce how to adopt a healthy lifestyle such as balanced diet, regular exercise, adequate rest and stress management that enhances employees' good health. The seminar will also explain how exercise can enhance employees' physical fitness and empower them to cope with their daily work and prevent work related injuries. Participants are encouraged to help promote the messages disseminated through the seminar in their respective bureaux / departments.
- 語言 Language : 粵語 Cantonese
- 對象 : 有興趣的同事  
Target participants : Colleagues who are interested in the topic
- 截止報名日期 : **25.3.2025**  
Application deadline
- 查詢 Enquiries : 鄭婉怡小姐 Miss Anita KWONG (電話 Tel : 3655 5700)