

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 : 運動有法～建立快樂工作間
Happy Workplace~ Physical Activities boost your Work
- 日期 Date : 4.9.2025 (星期四 Thursday)
- 時間 Time : 上午9時45分至中午12時
9:45 a.m. to 12:00 noon
- 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, Hong Kong Central Library, 66 Causeway Road, Causeway Bay, Hong Kong
- 內容 Content : 研討會透過說明恆常運動的重要性及介紹體能活動的概念，藉以鼓勵員工將體能活動融入工作間，促進員工健康並提升工作效率。研討會亦會說明建立快樂工作間的重要性，講解營造快樂工作間的重要元素，並包括工作間運動及帶氧運動的示範和練習。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 explain the importance of regular exercise and introduce the tips to increase physical activity levels at work, aiming to encourage employees to build an active lifestyle to strengthen their health and enhance work efficiency. The seminar will explain the importance and essential elements of creating a happy workplace, and will include demonstration and practice of workplace exercise and aerobic exercise. 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
Target participants : 有興趣的同事
Colleagues who are interested in the topic
- 截止報名日期
Application deadline : **15.8.2025**
- 查詢 Enquiries : 鄭婉怡小姐 Miss Anita KWONG
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