

Webinar Available
可提供線上講座

Office Series 辦公室系列

- **Stress Management: Occupational Stress and Mental Health**
抗衡工作壓力 保持精神健康
- **Neck and Back Care for Office People**
辦公室護頸脊妙法
- **Postural Observation for office people**
觀察姿勢 (辦公室)
- **Maintain a Work-Life Balance**
工作與生活平衡之道
- **Common Repetitive Strained Injuries and Prevention**
常見的工作勞損及處理方法



Duration: 1 Hour 時間: 1小時

Price: HKD4,600 /session
收費: : HKD4,600 /講座

Stress Relievers Series 緩解壓力系列

- **Positive Psychology : How to be Happy and Optimistic**
正向心理學: 如何變得快樂和樂觀
- **Care for Your Spine and Related Tension Headache**
脊椎護理與緊張性頭痛
- **Sleep Basics**
睡眠基本法
- **Stress Management - Mindfulness**
壓力管理 - 靜觀減壓法
- **Coping with Changes – Positive Thinking**
面對改變 – 正面思考



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SPECIAL
OFFER

Enjoy 5% off with purchase of 3 any sessions of health talk OR 10% off with purchase of any 5 sessions of health talk! Full payment is required to enjoy these package offers.

The health talks are valid for 12 months upon settlement of payment.

凡購買任何3節健康講座可享95折優惠，任何5節健康講座則可享9折！

須全額付款方可享用此優惠。

健康講座由付款日起計算12個月內有效。

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Family Series 家庭系列

- **Parents Attitude – “Grow up” together with your children**
父母態度 - 與青春期子女一起成長
- **Mental Health for Elderly People**
長者心理健康
- **Low Cholesterol and Low Fat Diet**
脂肪知慌 - 低脂降醇飲食
- **Building a Healthy Relationship in Your Family**
家庭健康 – 建立與維繫關係
- **Common Orthopedics Problems in Children**
兒童成長中常見的骨骼問題



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Individuals Series 個人系列

- **Caffeine: How much is too much?**
小心咖啡因攝取過量
- **Diet for Eye Health**
「睛」明護眼飲食
- **The Anti-Aging Diet**
保持年輕飲食攻略
- **Health Vegan Diet**
健康素食
- **Walk Your Way to Fitness**
「行」出健康生活



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Chinese Medicine Series 中醫系列

- 精神爽利 - 中醫調理慢性疲勞
- 中醫藥與「癌症」
- 中醫痛症治療 - 經絡穴位按摩
- 淺談皮膚病及濕疹中醫防治
- 改善失眠 - 中醫教你瞓出個「寐」來



Duration: 1 Hour 時間: 1小時

Price: HKD4,600 /session
收費: : HKD4,600 /講座

Medical Health Series 醫療健康系列

- The Health Risk of Recessive Disease
隱性疾病的健康風險
- Early onset of Diabetes
糖衣陷阱 糖尿病年輕化
- When you need your health check up?
為健康把關 選擇合適的身體檢查
- Eczema Prevention and General Care
濕疹防治與護理
- Common Types of Cancer
都市常見的癌症



Duration: 1 Hour 時間: 1小時

Price: HKD4,600 /session
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TERMS & CONDITIONS 條款和細則

- All health talks include approximately 15 minutes Q&A session. All health talks are presented by Registered Physiotherapist, Psychologist/Counselor, Dietitian/ Public Health Nutritionist, Registered Nurse or Registered Chinese Medicine Practitioner.
所有健康講座包括大約15分鐘的問答環節。所有健康講座均由註冊物理治療師、心理學家/輔導員、營養師/公共衛生營養學家、註冊護士或註冊中醫師演講。
- 6 weeks advance booking is required. The availability and speaker's information (i.e. Full English Name, Title and Professional Qualification) will be confirmed within 10 working days upon receipt of client's booking confirmation. The clients have to confirm the booking in 7 working days. It is recommended to change the date only three times before confirmation. If no confirmation received from client in 5 working days, the talk will be cancelled automatically, and re-booking is required. Once booking is confirmed, cancellation policy will be applied.
請於至少6星期前預約健康講座。我們會在收到預約要求後10個工作天內確認講座的時間及提供講者的資料(例如:姓名、職務、專業資格)。客戶需於7個工作天內回覆講座確認。講座日期暫定後,如需更改,建議在確認前只可改三次,如5個工作天內沒有客戶確認,講座將自動取消及需重新預約。講座一經確認,取消政策會即時生效。
- The talks can be conducted in either Cantonese or English (Chinese Medicine talks only available in Cantonese). Please confirm the language upon confirmation of the booking.
講座可以廣東話或英語進行(中醫講座只限以廣東話進行)。客戶需於確認講座時選擇所選語言。
- Due to copyright issue, the presentation materials can only be used by the speaker during the health talk. Any forms of recording of the health talk or reproduction or distribution of the presentation materials are prohibited.
由於版權的問題,所有講座的資料只能在健康講座上使用。禁止任何形式的轉載、複製或錄音。
- Venue (e.g. tables, chairs, electricity supply, and decoration), equipment (e.g. PC, projector, microphone, and laser pointer), internal communication materials (e.g. event poster, pamphlet, staff memo), souvenirs and foods (if any) will be prepared & provided by the client.
客戶須自行提供和準備會場(例如:桌、椅、電力供應、裝飾)、設備(例如:電腦、投影儀、麥克風和激光指針)、內部交流材料(例如:海報、小冊子、員工的備忘錄)、紀念品和食物(如有)。
- Surcharge will apply if:
如遇以下情況我們將會收取附加費:
 - The event is scheduled at non-office hours:
Before 9:00 or after 17:00, Monday to Friday – additional 50% of the fee;
Saturdays, Sundays & Public Holidays – additional 100% of the cost
講座需於非辦公時間舉行
平日(週一至週五)上午 9:00 前或下午 5:00 後 – 50% 附加費
週六、週日及公眾假期 - 100% 附加費
 - The event locates:
Outside HKSAR (e.g Macau) – subject to the location and will be quoted separately
講座需於香港特別行政區以外的地方(例如:澳門) – 視乎地點而定,再另行報價。
 - A tailor-made topic out of the above list is required (subject to the availability) - additional HKD3,000
上列以外的指定講座主題(需視乎主題再作確認) – HKD3,000 附加費
 - Speaker Transportation fee:
HK\$500 of "Travelling Allowance" will be charged if the event venue is far away from MTR station over 15 minutes walking distance or without access to public transportation, or in remote areas such as Hong Kong Airport, Tseung Kwan O Industrial Centre, Container Terminal, Tung Chung, Disneyland / Disneyland Hotel.
若活動場地遠離地鐵站步行15分鐘以上或沒有公共交通工具直達,如香港機場,將軍澳工業中心,貨櫃碼頭,東涌,迪士尼樂園/迪士尼樂園酒店等偏遠地點,將會收取HKD\$500 偏遠地區附加費。
 - Quality HealthCare reserves the right to charge an administration fee if the event overdue by 15 minutes than the official time under the special circumstances (e.g. extension of questioning time/ adhoc notification by the client for delaying the seminar). Details are as follows:
如因特別情況(如發問時間延長,臨時被客人通知要延遲開始),講座比原定時間超時15分鐘,卓健保留收取行政費的權利。詳情如下:
 - If it exceeds the official time by 15 minutes, 50% of the total charges
比原定時間超時15分鐘,總費用的 50%
 - If it exceeds the official time by 30 minutes, 100% of the total charges
比原定時間超時30分鐘,總費用的 100%

7. Typhoon and Black Rainstorm Guidelines for the talk:
颱風信號及黑色暴雨警告信號下指引:
- i. If Typhoon Signal No. 8 (or above) / Black Rainstorm Warning is hoisted 3 hours before the talk, for the safety of speaker and attendees, the talk will be cancelled and re-scheduling will be done within 4 weeks with no surcharge to client.
如八號(或以上)颱風信號或黑色暴雨警告信號於講座舉行3小時前懸掛，為了講者和參與者的安全，講座將取消，並於4週內重新安排，將不會收取額外費用。
 - ii. If Typhoon Signal No. 8 (or above) / Black Rainstorm Warning is discontinued 3 hours before the talk, the confirmed talk will be conducted as scheduled. In case if company is closed for business on the day, condition (i) will be observed.
如八號(或以上)颱風信號及黑色暴雨警告信號將於講座舉行3小時前除下，講座將按原定安排進行。倘若客戶之公司全日停止業務，將按照指引(i)進行。
8. Fees quoted in this Proposal are valid for booking made and a health talk to be arranged on or before 31 December 2023.
以上價目只適用於2023年12月31日前確定及舉辦之健康講座。

CANCELLATION POLICY 取消政策

Once a health talk is confirmed, Quality HealthCare reserves the right to charge an administration fee if the event is cancelled / re-scheduled by the client (e.g. change of date / time / location / health talk topic/ language of talk and presentation deck). Details are as follows:
如客戶確認健康講座後要求取消或更改 (例如：日期 / 時間 / 地點 / 健康講座題目/講座及簡報語言)，卓健保留收取行政費的權利。詳情如下：

- A. Less than 4 weeks prior to the health talk : 30% of the total charges
少於健康講座前 4 週：總費用的 30%
- B. Less than 2 weeks prior to the health talk : 60% of the total charges
少於健康講座前 2 週：總費用的 60%
- C. Less than 1 week prior to the health talk : 80% of the total charges
少於健康講座前 1 週：總費用的 80%
- D. 2 days prior to the health talk : 100% of the total charges
少於健康講座前 2 天：總費用的 100%

All of the above information and prices are subject to change without prior notice. In case of disputes, the decision of Quality HealthCare shall be final. 以上所有條款和取消政策如有變更，恕不另行通知。如有任何爭議，卓健醫療保留最終決定權。