

## “A Better You” Series 復常系列

Webinar Available  
可提供線上講座

### Traditional Chinese Medicine 中醫

復常的路上，中醫調理成為了重要的角色之一。醫管局的中醫藥復康研究發現，中醫藥能改善患者體質及症狀，研究中患者覆診4至5次已有明顯改善。

透過中醫調理，不但可有效改善新冠後遺症的症狀，更可從根本由內至外固本培元及養生益土氣。



- 中醫食療調理治未病
- 春夏養生護身之道
- 二十四節氣養生法則

健康講座 詳情及預約，請電郵至

企業健康: [cw@qhms.com](mailto:cw@qhms.com)

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!

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健康講座由付款日起計算12個月內有效。

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### 休閒項目

在新冠復常的路上，中醫調理成為了重要的角色之一。透過中醫調理，不但可有效改善新冠後遺症的症狀，更可從根本由內至外固本培元及養生益士氣。

據美國疾病及預防控制中心的研究報告指出，新冠康復的成年人中每5人就有一人出現長新冠症狀。以中醫角度來看，新冠病毒感染屬於疫病範疇，因感受疫癘之氣，病機4大特點有濕、毒、瘀、虛。除了食療和茶療，可以以按壓穴位和茶療來紓緩。



- 穴位按摩改善長新冠
- 中國茶品茗



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## 歡樂項目：

### 母親節蠟燭製作

母親節是世界各地慶祝的節日，以表達對母親的尊重、榮譽和愛。你打算再送花束嗎？今年，讓我們製作康乃馨蠟燭來表達對媽媽的愛吧！

自己製作蠟燭的工藝也是一種減少焦慮的活動。燃燒蠟燭可以極大地幫助您對抗壓力和焦慮。蠟燭具有鎮靜作用。

講者: 經驗豐富的蠟燭導師



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企業健康 [cw@qhms.com](mailto:cw@qhms.com)

## 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。