

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
- **Helping Colleagues to Cope with Emotional Stress**
如何幫助同事應對情緒壓力
- **Healthy Lunch and Gatherings**
食得好工作效率自然高
- **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: HKD4,900/session
收費: HKD4,900 / 講座

Stress Relievers Series 緩解壓力系列

- **Mental Health First Aid - Identification and Prevention of Depression**
心理健康急救 - 抑鬱症的識別和預防
- **Care for Your Spine and Related Tension Headache**
脊椎護理與緊張性頭痛
- **Emotional Wellbeing - Get the most from your LIFE**
情緒安康 - 從生命中得到最多
- **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



Duration: 1 Hour 時間: 1小時

Price: HKD4,900 / session
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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。

Family Series 家庭系列

- **Liver Protective Diet**
護肝飲食錦囊
- **Good Health Starts with Good Nutrition**
健康生活從飲食開始
- **Low Cholesterol and Low Fat Diet**
脂肪知慌 低脂降醇飲食
- **Balancing Carer Burden - Work versus Home Care of Family Members**
照顧者生活平衡 - 工作與在家照顧
- **Nutrition Facts and Food Safety**
營養標籤及食物安全速查



Duration: 1 Hour 時間: 1小時

Price: HKD4,900 /session
收費: HKD4,900 /講座

Individuals Series 個人系列

- **Am I having Migraine?**
我有偏頭痛嗎?
- **Sports Injuries - Types, Treatment and Prevention**
運動損傷 - 類型、治療和預防
- **The Anti-Aging Diet**
保持年輕飲食攻略
- **What is Irritable Bowel Syndrome (IBS)?**
甚麼是腸敏感?
- **Sleep Apnoea and Snoring**
睡眠窒息症與鼻鼾



Duration: 1 Hour 時間: 1小時

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Chinese Medicine Series 中醫系列

- 精神爽利 - 中醫調理慢性疲勞
- 中醫治療情志失調
- 中醫痛症治療 - 經絡穴位按摩
- 中醫食療調理治未病
- 中醫食療與認知障礙症



Duration: 1 Hour 時間 : 1小時

Price: HKD4,900 /session
收費: HKD4,900 /講座

Medical Health Series 醫療健康系列

- **Bone and Joint Health**
骨骼與關節健康
- **The Importance of Cardiovascular Health**
心腦血管健康的重要性
- **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
- **Vaccination with Us**
疫苗與我們



Duration: 1 Hour 時間 : 1小時

Price: HKD4,900 /session
收費: HKD4,900 /講座



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TERMS & CONDITIONS 條款和細則

- All health talks are presented by Registered Physiotherapist, Psychologist/Counselor, Dietitian/ Public Health Nutritionist, Registered Nurse or Registered Chinese Medicine Practitioner, and include a Q&A session of approximately 15 minutes.
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，包括大約15分鐘的問答環節。
- A minimum of 6 weeks advance booking is required. The speaker's availability and information (i.e. Full English Name, Title and Professional Qualifications) ("Proposal") will be advised within 10 working days upon receipt of client's booking. Client has to confirm the booking in within 7 working days after receipt of the Proposal, failing which the booking will be automatically cancelled. Once a booking is confirmed, cancellation policy applies.
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 個工作天內提供講座的時間及講者的資料 (例如: 姓名、職務、專業資格) ("計劃")。客戶需於收到計劃的 7 個工作天內確認預約，否則。講座預約將自動取消。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 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)，客戶需於確認預約時選擇講座語言。
- The client must not record the health talk, reproduce or distribute the presentation materials.
客戶不得以任何形式錄製健康講座或複製或分發簡報材料。
- 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)。
- The services may be provided by third-party service providers, in which case Quality HealthCare assumes no responsibility for the services provided by such third-party service providers.
服務可能由第三方服務供應商提供，在這種情況下，卓健不對該等第三方服務供應商提供的服務承擔任何責任。
- Surcharge will apply if:
如遇以下情況我們將會收取附加費:
 - The health talk takes place at non-office hours:
Before 9:00 or after 17:00, Monday to Friday – 50% surcharge;
Saturdays, Sundays & Public Holidays – 100% surcharge
講座於非辦公時間舉行
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 health talk takes place:
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舉行 (例如: 澳門) – 視乎地點而定，再另行報價。
 - The client would like the speaker to present on a topic other than those listed above (subject to availability) - a surcharge of 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
 - Travelling Allowance:
A "Travelling Allowance" of HK\$500 will be charged if the event venue is over 15 minutes walking distance from MTR station 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 under the following circumstances.
卓健保留在以下情況收取行政費的權利:
 - If the talk exceeds the scheduled finish time by 15 minutes, 50% of the total charges
講座比原定時間超時15分鐘，總費用的 50%
 - If the talk exceeds the scheduled finish time by 30 minutes, 100% of the total charges
講座比原定時間超時30分鐘，總費用的 100%

8. Typhoon and Black Rainstorm Guidelines for the talk:
颱風信號及黑色暴雨警告信號下指引:
- 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。
 - 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。
9. Fees quoted in this Proposal are valid for booking made and a health talk to be arranged **on or before 31 December 2024**.
以上價目只適用於於**2024年12月31日或之前**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：

- 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%
- 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%
- 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%
- 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。