

SAFEGUARDING YOUR WORKOUT: CAUSES OF SPORTS INJURIES & PRACTICAL PREVENTION

別讓運動成了負擔： 運動創傷成因與實用防護指南

Seminar Content 講座內容：

- Sports Injuries:
Causes and Treatment
- 運動創傷成因及處理
- Common Examples of
Sports Injuries (Shoulder, Knee)
- 常見運動創傷例子 (膊頭、膝頭)

Demonstration 示範：

- Sports Taping Application
- 運動貼布應用
- Rehabilitation exercise
- 復康運動



Speaker 講者：
Michelle Tsang 曾悅晴
Registered Physiotherapist
註冊物理治療師

17/10/2026 (星期六)

時間 Time : 15:00 - 16:30

人數 Capacity : 20

年齡 Age : 16 或以上 or above

語言 Language: 粵語 Cantonese

📍 **Billiard Room, Club Bel-Air Peak Wing**
朗峰會所桌球室

**Free Seminar, Limited Seats,
First Come First Served Basis**

免費講座，座位有限，先到先得



For further information or enrollment , please contact Club Bel-Air Reception at Bay Wing (2989 9000) / Peak Wing (2989 6500).

Photos are for reference only.

如有查詢或報名，歡迎致電貝沙灣畔會所(2989 9000)或朗峰會所(2989 6500)。圖片只供參考。



貝沙灣