
Health Workshop (Part 2)

2.5 Hours

Date: Saturday, 30 August 2014, 3:00 pm - 5:30 pm

Venue: Room CD307, Polytechnic University, Hung Hom

FREE OF CHARGE

Speaker: Mr. P. S. Wong 黃步城先生

養生保健座談會-2 (2.5 小時飲食篇)

- 1) 解釋降膽固醇藥之副作用及何時才該吃？膽固醇在身體內的重要作用！
- 2) 解釋脂肪在身體的重要性及如何選購好油？
- 3) 不吃白砂糖則如何選擇好糖及代糖（市面大量應用的糖精及巴斯甘甜對健康有害）
- 4) 引用多位專家解釋喝牛奶有什麼問題？
- 5) 茶利及茶忌！
- 6) 詳細分析大豆不是我們想像中的非常健康食品，要懂得吃才健康！

< REPLY SLIP 回條 >

Please complete & return via fax 28100344 / e-mail: winston.lam@envirobuildingsolutions.com

Name: _____ (Mr/Ms/Miss)

No. of Attendance: _____ (Total)

Member: HKAEE, AEE-HKC, Supporting Organizations, Others

Mobile Phone: _____, e-mail: _____

List of Supporting Organizations

- Asian Institute of Intelligent Buildings
- Hong Kong Institution of Engineers - Gas & Energy Division
- Hong Kong Registered Ventilation Contractors Association
- International Facility Management Association (Hong Kong Chapter)
- The Building Services Operation and Maintenance Executives Society
- The Chartered Institute of Plumbing and Heating Engineering Hong Kong Branch