

华人健康研讨会

主题： 预防和管理常见病及慢性疾病

时间： 2025年10月9号， 周四上午
10点 - 12点

地点： 4 Inverary Ave, Epsom, 奥克兰

演讲嘉宾：

- **Dr Eddy Cheng, 家庭医生 (General Practitioner, Life doctor 诊所)** 将给您讲解与心血管疾病相关的“三高”，分享预防技巧，并讨论管理这些疾病的方法。
- **Vicky Mo, 理疗师 (NZ Registered Physiotherapist, Oraia Physio 诊所)** 将提供运动展示， 指导如何增强体质、促进健康和降低跌倒风险。



*有意参加者请报名。提供简便午餐。联系电话：09 - 815 2338 - 2 (中文) 或电邮：
lily.xu@asiannetwork.org.nz



Chinese Health Seminar

- Preventing and Managing Chronic Health Conditions

When: Thursday, 9th October, 2025
10am - 12pm

Where: 4 Inverary Ave, Epsom,
Auckland

Guest speakers:

- **Dr Eddy Cheng, General Practitioner** will explain the "Three Highs" linked to cardiovascular disease, share prevention tips, and discuss ways to manage these conditions.
- **Vicky Mo, NZ Registered Physiotherapist** will guide an exercise demonstration focused on building strength, improving fitness, and reducing the risk of falls.



To register, RSVP to: Lily Xu
Ph: 09 8152338 - 2 , or E:
lily.xu@asiannetwork.org.nz

