



怡康全人發展中心
Centre for Holistic Health

HealthCare Series 健康護理系列

Spine, Arthritis and Muscle pain
脊椎、關節與肌肉痛



Speaker 講員：
Dr. Maria Hsu (Chiropractor 脊椎治療師)



Dates 日期	Topics 專題
8/8/2015	Neck and upper back pain 頸部與上背痛
15/8/2015	Lower back pain & Sciatica 下背痛及坐骨神經痛
22/8/2015	Headaches and Migraines 頭痛及偏頭痛
29/8/2015	Use of modern technology, such as mobile, computer, iPad, may cause stress on spine 使用現代科技如手提電話、電腦、平板電腦等可能引致的脊椎問題

時間Time: 2pm - 3pm (Saturdays)

費用Fee: 每堂 \$5 per session

地點Venue: Level 1, Whitehorse Community Resource Centre
79 Mahoney Road, Forest Hill 3131

名額Quota: 35

語言Language: 普通話 & 英語 (輔以廣東話)

Mandarin & Eng. (Cantonese interpreting)

報名及查詢 Enrollment & Enquiry

03 8807 6532 / 0401 718 043 / admin@chh.org.au

Enrollment is requested. The Centre may postpone or cancel the activity if there is not enough participant.
參加者必須報名。若人數不足，本中心有可能延遲或取消活動。