



## Merry Monday

- Stretches to alleviate office aches and pain

8 May 2017



Sitting in front of a computer all day and using mobile devices frequently can impact your health and cause body aches such as tight shoulder, lower back pain, neck pain and finger stiffness.

At the May Merry Monday, Certified Advanced Personal Fitness Trainer Helen Tsang will overview these health issues and explain how stretching exercise can alleviate pain. Helen will also demonstrate simple stretching exercise in order to relieve pain.

Sign up NOW to learn about how stretches are great for preventing and alleviating pain while enjoying a relaxing evening over a glass of wine.

**Cancelled**

**Date** Monday, 8 May 2017

**Time** Happy hour: 7:00 p.m. – 8:00 p.m.  
Health talk: 8:00 p.m. – 9:00 p.m.

**Venue** HKICPA Members' Lounge, 27/F, Wu Chung House, 213 Queen's Road East, Wanchai

**Fee** \$120 / member  
\$150 / non-member

**Capacity** Max 40 (*The event will be cancelled if enrolment is lower than 25.*)

**Language** Cantonese

**Deadline** 24 April 2017

### About the speaker

**Ms. Helen Tsang** – Personal Trainer, Energy Kingdom

Helen has achieved various certifications in sport and fitness field, including Elderly Fitness Certificate (AASFP), Sport Massage Certificate (AASFP), Fitness Exercise Therapist (Australian Training for Fitness Professional) and Stretching Instructor (Hong Kong Stretching Exercise Association). In recent years, she is much focus on teaching stretching exercise.

### Registration

**To register**, please complete the enclosed enrolment form and return it with full payment to the Institute. The number of seats is limited. Enrolments will be accepted **on a first-come-first-served basis**.

**For enquiries**, please contact:

- 2287 7065 (Stone Tse) for event information
- 2287 7379 (David Lok) for payment & enrolment status



## Merry Monday

– happy hours for CPAs

**Finance & Operations Department,  
Hong Kong Institute of CPAs**  
37th Floor, Wu Chung House,  
213 Queen's Road East, Hong Kong.

**Fax no: 2893 9853**

### Enrolment Form *(Please enroll on or before 24 April 2017)*

Confirmation of enrolment will be sent to you via email. You can check your enrolment status at "My CPA" at <http://mas.hkicpa.org.hk/mycpa/login>. Unsuccessful enrolment will be notified with full refund.

Date: 8 May 2017  
Time: 7:00 p.m. – 9:00 p.m.  
Venue: HKICPA Members' Lounge, 27/F, Wu Chung House

#### FOR OFFICE USE

Seq. no.: \_\_\_\_\_  
Handled by: \_\_\_\_\_

**Full Name: (\*Mr./Mrs./Ms.)** \_\_\_\_\_

**HKICPA Membership No:** \_\_\_\_\_

**Mobile No.:** \_\_\_\_\_

**Email:** \_\_\_\_\_

*(Above contact information is used solely for communication of this particular event, without update to your member profile.)*

**Guest Name(s):** 1. \_\_\_\_\_

2. \_\_\_\_\_

Please "✓" as appropriate

<b>Admission fee:</b>		<input type="checkbox"/> <b>Institute member:</b> HK\$120 X _____ person(s) = \$ _____	
		<input type="checkbox"/> <b>Non-member:</b> HK\$150 X _____ person(s) = \$ _____	
<input type="checkbox"/> Cheque (no. _____) payable to "Hong Kong Institute of Certified Public Accountants" or "HKICPA"			
<input type="checkbox"/> BOC HKICPA VISA		<input type="checkbox"/> BOC HKICPA UnionPay card	
<input type="checkbox"/> Other VISA / MasterCard			
Card No.:		Card Expiry Date (MM/YY):	
Cardholder's Name (block letters):		Cardholder's Signature:	Date:

Note: Payment receipt will be sent to your email address provided above once the payment is confirmed.

#### Notes:

- Full payment must be made before your enrolment will be processed. No telephone reservation will be accepted. In the case of over-subscription, members will be given priority. We only consider non-member's enrolment when it is enrolled with a member.
- For credit card payment, the card should be valid with expiry date at least 1 month from the date of event.
- The closing date for enrolment is 24 April 2017. However, the Institute has the discretion to accept late applications
- Registration by fax will ONLY be processed when payment is made by credit card. Cash is strictly NOT accepted.
- Successful registrants will receive confirmation by email, whereas unsuccessful registrants will receive full refund.
- If you do not hear from us by 4 May 2017, please contact Ms. Stone Tse 2287 7065 / Ms. Yvonne Chew at 2287 7057.
- In normal circumstances, the enrolment fee is non-refundable or non-transferrable upon receipt of payment by HKICPA. Should the event be cancelled or postponed due to unforeseen circumstances, low enrolment or bad weather, refund will be made according to your payment method. For credit card payment, refund will be made directly to your credit card account. For cheque payment, refund will be mailed to your correspondence address.
- Bad weather arrangement: When typhoon signal no.8 or above / black rainstorm warning is hoisted at or after 4:00 p.m. on the date of event, the event will be cancelled. Your admission fee will be refunded in the event of cancellation due to bad weather.

**Personal Data:** Your personal data collected from the enrolment process and administration of courses/events/activities will be used for the purpose of the administration of the course on which you are enrolled. Such data collected may be accessible by the Institute's officers, persons or committees processing the application and related matters. In addition, the Institute may use the collected data for statistical research and analysis. The Institute intends to use the personal data of your name, email address and correspondence address to inform you, where relevant, of members' benefits, goods, services, facilities and events organized or provided by the Institute or other organizations. Members and registered students may opt out of receiving such materials at any time by logging in via the following link <http://mas.hkicpa.org.hk/mycpa/communication/preference>. Non-members may opt out of receiving such materials at any time by sending an email to the Institute at [privacyofficer@hkicpa.org.hk](mailto:privacyofficer@hkicpa.org.hk) or a letter to the Institute's privacy officer. For more information about the privacy policy of the Institute, please go to <http://www.hkicpa.org.hk/en/service-tools/privacy-policy/>.

**Payment & Enrolment Status Enquiry:** 2287 7379

Email: [finance@hkicpa.org.hk](mailto:finance@hkicpa.org.hk)

**Event Information Enquiry:** 2287 7065 / 2287 7057

Email: [stonetse@hkicpa.org.hk](mailto:stonetse@hkicpa.org.hk)

For non-member payment by cheque, please fill-in your postal address for refund in case the event is full or cancelled.

Name :	Name :
Address :	Address :