



Merry Monday

- Smart tips for eating out

7 August 2017



Eating out shouldn't be your excuse to eat unhealthy food which may often affect both your waistline and health.

At the August Merry Monday, registered dietitian Denise Luk will share some tips on making healthier choices when eating out based on their cooking methods and ingredients used. Denise will also talk about the nutritional needs for the general population, how to achieve a balanced diet, and the best picks when eating out at Chinese restaurant, Japanese restaurant, steak house, coffee shop, Shanghainese restaurant, etc.

Sign up NOW to learn how to make healthier choices when eating out, and enjoy a relaxing evening over a glass of wine with fellow members.

Date	Monday, 7 August 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 (<i>The event will be cancelled if enrolment is lower than 25.</i>)
Language	Cantonese
Deadline	28 July 2017

About the speaker

Ms. Denise Luk – Registered Dietitian

MSL Nutritional Diet Centre, and Member of CDO, Canada and HKDA

Denise provided dietetics services in hospitals and eldercare centers in Canada, and has been serving as a community dietitian ever since she relocated to Hong Kong. She has worked in both international and local NGOs for raising awareness on the importance of health eating and lifestyle. Over the years, she has provided dietetic consultations to individuals, authored nutrition-related publications and articles, and conducted health talks/ workshops/ cooking classes for schools, universities and corporations.

Registration

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 28 July 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: 7 August 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

Admission fee:		<input type="checkbox"/> Institute member: HK\$120 X _____ person(s) = \$ _____	
		<input type="checkbox"/> Non-member: 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 28 July 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 3 August 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 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

Event Information Enquiry: 2287 7065 / 2287 7057

Email: 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 :