



Healthy Life Style and Stress Management Seminar

Program Code: SCPD18092101

Stress is our mental, physical, emotional and behavioral reactions to perceived demands or threats. Prove by many cases, changing one's lifestyle may help to reduce stress. This seminar will explain the effect of stress as well as sharing useful techniques to manage stress and practice self-care.

After joining this seminar, participants will gain knowledge about:

- Different types of stress
- Advantages of a healthy life style
- Methods of stress management

Date Friday, 21 September 2018

Time 1:00 p.m. – 2:00 p.m.

Venue Hong Kong Institute of CPAs,
27/F., Wu Chung House, 213 Queen's Road East, Wanchai, Hong Kong

Format Seminar

Language Cantonese

Fee Free for HKICPA member or student and IA / HKIAAT member or student

Speaker **Mr. Leung Chi Ho, Arthur**, Project-In-Charge The Hong Kong Federation of Youth Groups

Mr. Leung is Project-In-Charge in the Youth Crime Prevention Centre of The Hong Kong Federation of Youth Groups. He graduated with a Master degree from the Chinese University in Hong Kong and has worked in the areas of high risk youth outreaching, youth development and addiction counseling for the past 12 years.



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HKICPA Event Enrolment Form

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21 September 2018 (SCPD18092101)

Finance & Operations Department,
Hong Kong Institute of CPAs,
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