

Vitality Series:

Common ailments and TCM preventive care

(Programme Code: OTHR26092401)



Maintaining good health and wellbeing is essential to enjoying a fulfilling professional and personal life. By developing greater awareness of everyday health patterns and adopting practical self-care habits, individuals can support their comfort, energy and overall quality of life.

This sharing session will explore practical approaches to lifelong vitality and sustained wellbeing, with particular relevance to seniors. The speaker will introduce occupational health research on ailments which may be commonly experienced by accountants, including prolonged sitting, extended screen use, liver-qi stagnation and spleen deficiency, and interpret the concerns through the lens of traditional Chinese medicine (TCM).

Participants will learn self-observation techniques, a simple three-minute acupressure and stretching routine suitable for the office. The speaker will also share helpful approaches to nutrition, hydration and sleep, while highlighting warning signs that warrant professional medical advice rather than self-treatment. On-site pulse diagnosis will also be available.

Date & Time	Thursday, 24 September 2026 1:00 p.m. – 2:00 p.m.
Venue	HKICPA Training Centre 27th Floor, Wu Chung House, 213 Queen's Road East, Wanchai, Hong Kong
Language	Cantonese
Format	Face-to-face
Speaker	Dr Lam Pui Yan Assistant Professor of Practice, School of Chinese Medicine, Hong Kong Baptist University Distinguished Professor, Guangzhou University of Traditional Chinese Medicine
Target audience	HKICPA members
Rating*	Foundation to intermediate level
Fee	Complimentary
Enrolment Deadline	Tuesday, 22 September 2026
Registration	Only online registration is accepted for this event. Registration will be accepted on a first-come-first-served basis. A confirmation email will be sent to you once your registration is confirmed. Priority registration for members aged 60 or above: Until 2 September 2026, 11:59 a.m. Open registration for all members: From 2 September 2026, 12:00 noon
Remarks	- On-site pulse diagnosis will be available before and after the seminar. Places are limited and will be allocated by random ballot, subject to time and capacity.

- Members interested in joining the pulse diagnosis session may indicate their preference at the time of enrolment. A notification email will be sent to successful participants following the event reminder.
- The on-site pulse diagnosis session is intended for general health education only. It does not constitute individual medical advice, diagnosis or treatment. Members interested in joining may indicate their preference at the time of enrolment. Places are limited and will be allocated by random ballot, subject to time and capacity.
- Light refreshments will be provided.

* Details of [Competency and Rating](#) information

About the speaker



Dr Lam Pui Yan

Assistant Professor of Practice, School of Chinese Medicine
Hong Kong Baptist University
Distinguished Professor
Guangzhou University of Traditional Chinese Medicine

Dr Lam Pui Yan is a Hong Kong Registered Chinese Medicine Practitioner, Assistant Professor of Practice at the School of Chinese Medicine, Hong Kong Baptist University, and Distinguished Professor at Guangzhou University of Chinese Medicine. She holds an MD from Guangzhou University of Chinese Medicine and a Master of Public Health (Epidemiology and Biostatistics) from The University of Hong Kong.

With nearly two decades of clinical, teaching and research experience, Dr Lam has led and collaborated on funded studies in acupuncture, herb–drug interaction, and evidence-based acupuncture indication lists for Hong Kong primary care. She serves on the Chinese Medicine Development Committee and several boards of the Chinese Medicine Council of Hong Kong, and is Vice-President of the Hong Kong Registered Chinese Medicine Practitioners Association. She writes a regular health column for HK01.