

Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "More Exercise, Smart Work" on December 2 (Thursday) to enhance employees' awareness of occupational health. The talk will introduce the benefits of exercise, and cover demonstrations and practice of workplace exercises.

The talk will be given by the LD's occupational health nurse at 6.30pm in the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

The LD will hold another talk entitled "Occupational Stress" on December 7 (Tuesday). The talk will introduce the symptoms and health impacts of occupational stress, and some stress-coping strategies.

The talk will be given by the LD's occupational health nurse at 3pm in the Cultural Activities Hall of the Sai Wan Ho Civic Centre, 111 Shau Kei Wan Road, Sai Wan Ho.

Both talks will be given in Cantonese. Admission is free but pre-registration is required. On-site registration is not available. Infection control measures taking into account the latest epidemic developments will be adopted at both venues. For enquiries or registration, please call 2852 4040.