

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Work & Healthy Lifestyle" on January 16 (Thursday). The talk will introduce a balanced diet, regular exercise, adequate rest and stress management to encourage employees to adopt a healthy lifestyle.

The talk will be given by the LD's occupational health nurse at 3.30pm at the the Lecture Hall of the Hong Kong Space Museum, 10 Salisbury Road, Tsim Sha Tsui.

The LD will hold another talk, entitled "Work and Cardiovascular and Cerebrovascular Diseases" on January 21 (Tuesday). The talk will introduce healthy lifestyles and tips on protecting the heart and brain in the workplace to enhance employers' and employees' awareness of cardiovascular and cerebrovascular diseases.

The talk will be given by the occupational health nurse at 7.15pm at the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay.

Both talks will be given in Cantonese. Admission is free but pre-registration is required. Interested participants can register online ([www.oshsreg.gov.hk/en](http://www.oshsreg.gov.hk/en)). For enquiries, please call 2852 4040.