

自得耆樂: 養生運動如何紓解情緒 (廣東話)

ZOOM 視頻講座 (廣東話)

日期: 9月14日 (週二)

時間: 下午 2:00 – 3:15

講員: 蔡雅宜姑娘, 西乃健康- 西乃山醫院恆康中心, 中心經理及安省註冊社工

內容:

- 情緒與我們腦子的關係
- 臨床抑鬱症與情緒低落的分別
- 如何紓解長者的情緒?
- 運動如何促進紓解你的情緒?
- 簡易運動及要訣



請於 2021 年 9 月 10 日以前提前報名登記

報名/查詢,請致電: 416 493 3333 分機 240 或發郵件至 elsa@splc.ca

ZOOM 會議鏈接會在報名登記時發出

歡迎成人, 長者及年長家人看護者參與!!

How Physical Exercise Improve Your Mood in Cantonese

Date: Sep 14, 2021 (Tue) Time: 2:00pm – 3:15pm Venue: ZOOM

Speaker: Maria A. Y. Choi, BSW(Hons.), MHSc., RSW

Content: .

- Understand the relationship between our mood and our brain
- What is the difference between clinical depression and sadness
- How to help seniors to improve their mood?
- How does exercise boost your mood
- Simple exercise demo and tips

Older Adults, Seniors and Caregivers of aging relatives are welcome!

Registration is required on or before Sep 10, 2021.

For more information / registration: Call at (416) 493 – 3333 ext240 or email at elsa@splc.ca

Zoom link will be sent upon registration.