



免費問診

有咩關於食療健康問題
當日可以向我問診！



26/9

「殷醫師養生學堂」

Dr. Yin's Wellness Guide

有從玩到食，從運動到作息，殷琦侃中醫師教你如何在生活小節中，由內到外全面地保健養生！

FREE
免費

題目：「五色食物」養生之道 - 講座

日期：2025年9月26日（五）下午1:30 - 2:30

內容：中醫五行「木、火、土、金、水」對應「肝、心、脾、肺、腎」及「青、赤、黃、白、黑」。多吃五色食物可養五臟。殷醫師將介紹食材顏色的養生價值，教你哪些顏色能抗衰老、護肝補腎，並解答大家的健康問題，歡迎問診。

*當日12:15 開始我們設有健康午餐聚會，歡迎大家提前到中心享用美食。午餐費用：會員 £6.5、嘉賓 £7.5
(請whatsapp 查詢或留位 073 5424 1229)

Topic : ""The Five Colors of Health"" TCM Talk

Date: 26 Sep 2025 (Fri) , 1:30pm – 2:30pm

Speaker: Dr Qikan Yin

In traditional Chinese medicine, the Five Elements — Wood, Fire, Earth, Metal, and Water — correspond to the liver, heart, spleen, lungs, and kidneys, as well as the colours green, red, yellow, white, and black. Eating foods of these five colours can help nourish the body's organs. Dr. Yin will explain the health benefits of food colours, share which can slow ageing, support the liver and kidneys, and answer your health questions.

*A healthy lunch gathering will be served at 12:15 PM on the day of the event. We warmly invite you to arrive early and enjoy the delicious food at our center.

Lunch cost: £6.5 for members, £7.5 for guests

(Please enquire or reserve via WhatsApp: 073 5424 1229)



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