

# Asa Choi

身心健康講座  
Health Talk by Asa

## ‘用運動和飲食’ 減輕疲倦感

### Tired of Tiredness?

這次講座將分享如何透過運動和飲食減輕疲倦感，從而提升睡眠質素和健康。我們會解釋什麼是疲倦，以及為什麼我們會感到疲倦，並介紹簡單運動、食譜建議和日常生活小貼士，幫助大家恢復精力，改善作息。

This talk will explore how exercise and diet can help reduce fatigue and improve sleep quality and overall health. We'll explain what fatigue is, why we feel it, and share simple exercises, recipe ideas, and daily tips to boost your energy and support better rest.



**29/8** (五 Fri)

**13:30 - 14:30**

**FREE 免費**



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