

Hang Seng Roadshow: “Eat Healthy and Stay Fit in a Cosmopolitan Way”

For every Saturday during the period June 23rd to August 11th, 2007, a team of Quality HealthCare staff have held a roadshow at the various Hang Seng branches. The theme of the Roadshow is “Eat Healthy and Stay Fit in a Cosmopolitan Way - 做個都市有「營」人”. It consists of a 45-minute nutritional health talk and a professional diet consultation by our registered nurses and dietitians. So far, response has been good, and the clients of Hang Seng appeared to enjoy learning whether their body mass index and blood pressure are within healthy boundaries.

