

## COVID-19 Wellness Courses

### Prevention of COVID-19 and Seasonal Flu from Chinese Medicine Perspective

#### 新型肺炎與春季疫病之預防

- COVID-19 from Chinese Medicine Perspective  
中醫分析新型肺炎
- Strengthening Your Immunity with Preventative Healthcare  
增強正氣及治未病概念
- Choosing the Right Food  
選擇配合體質的食材
- Acupressure for Better Health  
穴位按摩

### Stretching Exercises at Your Desk

#### 辦公桌上的伸展運動

- Common Computer-related Back and Neck Problem  
長期使用電腦的常見頸背問題
- Work Environment and Posture  
工作環境與姿勢
- Exercise for Relaxation  
頸及背部運動

### Positive Anti-epidemic Mind

#### 正念抗“疫”

- Observing and Being Aware of Our Mind  
觀心 - 覺察心態與念頭
- Understanding Our Mind, Strength and Limitation  
知心 - 理解自身的想法、優勢及局限
- Connecting Positive Mind against Pandemic  
療心 - 連繫正念以對抗疫情

### How to Stay Focused at Work in the Midst of a Pandemic

#### 在紛擾疫情中專注工作

- Challenges and Impacts of the Current Epidemic on Work  
現時疫情對工作的挑戰與影響
- Active Working-Questions to Ask Before, During and After Work  
積極作業 - 保持工作效率的秘訣
- Create Our Own Unique Work Atmosphere and Environment  
創造自己獨特的工作氛圍和環境