

LONGEVITY & WELLBEING FEST

樂活節奏健康節



Manulife 宏利

AIRSIDE

5 SEP SAT
六

「MOVE WELL」CLASSES 「樂動身心」體驗課

*Advanced enrollment and ticket purchase required 須預先報名及購票

G/F PLAZA 露天廣場

10:00-11:00

Runderful (Free enrollment 免費報名)

Stretch & Morning Run + Cold Crew Coffee
伸展運動及晨跑活動 + 冷萃咖啡

2/F STAGE 主舞台

13:00-13:45

Kelvin Lam + Vanessa Mak + Jonathan Chan + DJ Tyler Man
Beats & Burn 節拍燃脂訓練

14:00-14:45

James Wong

Full Burn HIIT 高效舒燃訓練

15:00-15:45

Andrew Stephen Dino

BeatDrop Workout 節奏鼓棒健身

16:00-16:45

Utah Lee 李婉芝

Kids! Let's Dance! 小朋友!一起跳舞吧!

17:00-17:45

Fiona Fransisca

Les Mills BODYCOMBAT 拳擊有氧運動

18:30-19:45

Mad.one.Crew (Free enrollment 免費報名)

Stretching & Night Run 伸展運動及夜跑活動

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2/F AIR FARM 空中農莊

10:30–11:30 Medicinal Herbs Planting & “Food Therapy for Wellness” Experience 「食療養生」工作坊

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14:30–15:30 Herbal Drink Mixing & Herb Pot Making Class
草本調飲與香草盆製作班

6/F GARDEN 空中花園

10:00–11:00 **Pause & Breathe 心呼吸**
Breath & Stretch 正念伸展

SKY DECK

11:30–12:15 **Amelie Rondole**
Embodied Movement Dance Workshop
狂喜舞蹈工作坊

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15:30–16:15 **Asa Wong 王珈晨**
Yozance™ 瑜伽舞

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5 SAT 六 → 6 SEP SUN 日

OTHER ACTIVITIES 其他精彩活動

*Welcome walk-in, no registration required 毋須預先報名，歡迎即場參與

2/F STAGE 主舞台

11:30–12:00

05 SEP

MUSIC PERFORMANCE Dr. Ryan Cheung

音樂表演 張海傑醫生

12:00–13:00

05 SEP

PANEL DISCUSSION Caring for Everyone:

Balancing Self-Care and Family Care

座談會 照顧每一位：

在自我照顧與家庭照顧之間尋找平衡

13:00–14:00

06 SEP

PERFORMANCE HKFYG Jockey Club Farm Road

Youth S.P.O.T. – K-Pop Random Dance Party

表演 賽馬會農圃道青年空間

K-Pop 隨機舞蹈

14:00–15:00

06 SEP

PANEL DISCUSSION “Women Who Lead: From Career

to ‘Momtrepreneur’ – Redefining Success and Self-Care”

座談會 從職場到媽媽創業家 · 重新定義

成功與身心健康

2/F L222

12:00–20:00

05 - 06 SEP

Emo House

定啲嚟情緒餐廳

3/F

Well Market

健康科技生活市集