

LONGEVITY & WELLBEING FEST

樂活節奏健康節

Manulife 宏利 | AIRSIDE

6 SEP SUN
日

「MOVE WELL」CLASSES 「樂動身心」體驗課

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

2/F STAGE 主舞台

10:30-11:15

Yoki Lee

Crystal Bowl and Yoga 水晶鉢與瑜伽

15:00-15:45

Vangie Tang 鄧穎芝

Animal Flow 動物流訓練

16:00-16:45

Ocean and Marine 梁愷傑&李綺雯

Partner Workout 雙人健身訓練

17:00-17:45

Jessica Lee & Don Octavius

Techno Yoga + DJ 電音瑜伽



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2/F AIR FARM 空中農莊

10:30–11:30

Urban Farming & Pot Painting Workshop
都市農耕體驗及花盆繪畫工作

14:30–15:30

Herbal Drink Mixing & Herb Pot Making Class
草本調飲與香草盆製作班

8/F ASPHODEL HOUSE

13:00–14:00

Asphodel House

Kids CrossFit
兒童綜合體能訓練班

SKY DECK

14:00–14:45

Cobe Ng

Pilates Sculpt
姿勢調整＋普拉提瑜珈課程

16:00–16:45

Brenda Woo

Stretch and Sound for Energy Balance
靜心伸展頌鉢音療工作坊

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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