

# Labour Department to hold occupational health public talks

The Labour Department (LD) will hold a public talk entitled "Work & Healthy Lifestyle" on January 4 (Thursday) at 3.30pm. The talk will introduce a balanced diet, regular exercise, sufficient rest and stress management to encourage employees to adopt a healthy lifestyle.

The LD will hold another talk entitled "Prevention of Upper Limb Disorders" on January 16 (Tuesday) at 7.15pm. The talk will introduce the causes and preventive measures of upper limb disorders to enhance employees' awareness of the issues.

Both talks, which will include demonstrations and practice of workplace exercises, will be given by the LD's occupational health nurse in Cantonese at the Lecture Theatre of the Hong Kong Central Library, 66 Causeway Road, Causeway Bay. Admission is free but pre-registration is required. Interested participants can register online ([www.oshsreg.gov.hk](http://www.oshsreg.gov.hk)). For enquiries, please call 2852 4040.