



KOWLOON BOWLING GREEN CLUB

5 March 2019

『運動是良藥』研討會
Workshop on “Exercise As Medicine For Bowlers”
16 March, 2019 (Saturday) for Ladies

Time 時間: : 6:00p.m. – 8:30p.m.
Venue 地點: : KBGC Function Room
Language 語言: : Cantonese
Dress Code 衣着: : Sportswear is recommended
Speaker 講者: : Ms. Luby LAI

Ms. Luby LAI is a NASM Certified Personal Trainer Women Fitness Specialists and a professional "Sports Recovery Therapist". If you are interested in attending the free talk, please fill in the form below. 黎小姐是一位美國國家體育醫學學會認證私人教練女健身專家及運動康復治療師。如有興趣參加此免費研討會，請填寫下列的表格。

KBGC Closing Date: 14 March 2019 (Thursday) at 5:00p.m.

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Terry Lau
Bowls Convenor