

Herbal Massage Hammer Workshop

草本按摩錘手作坊

Date 日期 : 19/7/2025 (Saturday 星期六)

Time 時間:

1) 10:00 am - 10:45am

2) 10:45 am - 11:30am

Venue 地點: DBRC Lobby 愉景灣康樂會大堂

Free 費用全免

(Member Exclusive 會員限定)

適合18歲或以上

Suitable for 18 years old or above



Enrollment Deadline 報名截止日期: 16/7/2025 (Wednesday 星期三)
Limited quota available. First-come, first-served. 名額有限，先到先得

Craft Your Own Herbal Massage Hammer for Relaxation and Wellness!

製作屬於自己的草本按摩錘，享受放鬆與健康！

- Simple and Enjoyable Crafting Process 製作過程簡單有趣
- Infuse Wellness with Herbs 融合草藥與保健
- Relieving Pressure and Calming 緩解壓力，舒展身心

Please note DBRC may take photos and/ or videos during the event for internal record and/or marketing and promotional purpose, including but not limited to DBRC's website, social media platform and/or printed collateral.
請注意愉景灣康樂會在活動期間可能會進行拍照及/或錄影作為內部記錄及/或推廣和宣傳之用途包括但不限於愉景灣、康樂會的網站社交媒體平台及/或印刷品。

For enquiries 查詢: 2987 7381

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Venue 地點: DBRC Lobby 康樂會大堂

Age 年齡: 18 years old or above 18 歲或以上

Time 時間: 10:00am-10:45am ☐

10:45am-11:30am ☐

Fee 費用: Free (Member Exclusive)

Enrolment Deadline 截止報名日期: 16 July 2025

Participant's Name 參加者姓名:			
Date of Birth 出生日期:		Age 年齡:	
Membership No. 參加者會員號碼: <i>(For 6 years old or above, are required to hold a valid membership card in order to enjoy the member rate)</i>	Please write down the new membership no. _____-_____ (e.g. Z000001-030)		Gender 性別: _____
E-mail Address 電郵地址:	_____		Contact No. 聯絡電話 _____

*Contains mugwort ingredients, not suitable for those with allergic constitutions.

*當中含有艾草成份，不適合對其過敏體質者參加

** Minimum number of enrolments is required to confirm the event, participants will be advised on or before 16 July.

** 本活動設有最低報名人數要求，已報名的人士會在 7月16日或之前收到最終活動的安排。

***Confirm and agree that the Club will take photographs of the event and the above participant and these photographs may be published in the Club & the community media such as the website and newsletter of the Club.

***確認並同意本會將對活動和上述參與者進行拍照，這些照片可能會在本會和社區媒體（包括本會網站和新聞通訊）上發布。

*Member's Signature

Date

*會員簽署:

日期: