

**HKUAA Community Services – “Cheer Up” City Orienteering Carnival by “Radio-i-Care” of Tung Wah Group of Hospitals 友心情網上電台「漫·活人生」 Cheer Up 城市定向嘉年華 2016**

To get the latest event information of our Group, welcome to LIKE our facebook fanpage on <https://www.facebook.com/hkuaacommunityservices>

HKUAA Community Services Team will join Radio-i-Care, a sub-branch of Tung Wah Group of Hospitals, in the above event. The purpose of the event is to raise public awareness about the importance of mental health, especially on daily stress management, thus, with a theme in Chinese: 「輕鬆減壓每一天」.

Volunteers are grouped into a team of 4 for an orienteering competition by going to various interactive stations within the Hong Kong Island. The purpose of this competition is to help the participants to learn about how best to relive stress. The team will be ranked and the participants will be awarded with a certificate at the end of this competition.

Don't miss the chance, please come and join this meaningful event NOW!

**Date:** 5 March 2016 (Saturday)  
**Time:** 10:00pm - 5:00pm  
**Venue:** Wing Lok Street Rest Garden, Wing Lok Street, Sheung Wan  
**Gathering Point:** Exit B, Sheung Wan MTR Station at 9:45 a.m.  
**Capacity:** 20 *\*Your friends and family members are also welcome\**

**Contact person:**

**Ophelia Chan (Mobile: 6013 5895 / Email: ophelia.chanyuiyu@gmail.com)**

**John Kam (Mobile: 6200 4081 / Email: Johnhvkam@gmail.com)**

**Enrollment**

**ALL our past events were FULLY BOOKED in a very short period of time, so please make your reservation NOW!!!**

**Remarks:**

\*You will receive a confirmation email upon successful enrolment on the event.

\*During the event, please follow all rules and instructions strictly made by HKUAA or the service provider. Please act responsibly and HKUAA will not be liable for any damage, injury or any serious consequences that may be caused.

\*Children aged under 12 should be accompanied by an adult. Toddlers younger than 3 years are not recommended to join

\*HKUAA reserves all rights to make ultimate decision on all related issues.