

E- 學智健康 網上講座 (粵語)

立即報名，為自己和家人的
健康與安全升級！

講座一：預防跌倒

介紹簡單方法幫助您減少跌倒風險，
提升日常安全。

 日期: 4月29日 (星期三)

 時間 : 2:00pm- 3:00pm

*此講座會以華語進行，並設有繁體中文字幕。



講座二：您的健康與人工智能

了解 AI 如何應用在健康管理及使用AI 的注意事項。

 日期: 7月7日 (星期二)

 時間: 2:00pm- 3:00pm

講座三：網絡安全你要知：安心上網指南

教您避免網絡詐騙、保護個人資料的基本技巧。

 日期: 10月6日 (星期二)

 時間: 2:00pm- 3:00pm



SMART E-HEALTH LEARNING ONLINE TALK (CANTONESE)

Scan QR to register



Talk 1: Fall Prevention

Simple ways to help you reduce the risk of falling.



Date: April 29 (Wednesday)



Time : 2:00pm- 3:00pm

*The talk will be conducted in Mandarin and be accompanied by Traditional Chinese subtitles.

Talk 2: Your Health and AI

How AI is used in health care and key safety tips.



Date: July 7 (Tuesday)



Time: 2:00pm- 3:00pm

Talk 3: Staying Safe Online: The Basics

Teach you basic tips to avoid online scams and protect your personal information



Date: October 6 (Tuesday)



Time: 2:00pm- 3:00pm

