



養和醫療
HKSH MEDICAL GROUP

For Immediate Release

**In Celebration of the 75th anniversary of the Founding of the People's Republic of China
HKSH and the Hong Kong Eastern District Community Association
Co-hosted “National Day Eastern Health Festival”**

(21 September 2024, Hong Kong) In celebration of the 75th anniversary of the founding of the People's Republic of China (PRC), HKSH Medical Group (HKSH) and Hong Kong Eastern District Community Association (HKEDCA) co-organised the “National Day Eastern Health Festival” at the North Point Community Hall today. Supported by the Eastern District Office, the full-day event attracted over 450 guests and members of the public, many of which joined as families with children and elderly, creating a lively and inclusive atmosphere that embodied the spirit of community integration.



Advocate for Healthy Living in the Community

The “National Day Eastern Health Festival” aims to promote healthy living amongst the general public. The action-packed day offers an array of activities for children, adults, and elderly, such as free medical check-ups, game booths, and health talks. On the event day, a solemn ceremony commemorating the founding of the PRC took place, during which the public chanting the National Anthem together followed by a “Save up for Health” initiative. The ceremony was graced by distinguished guests including:

- **Mr You Bin, Deputy Director General of the Hong Kong Island Sub-office of the Liaison Office of the Central People's Government (LOCGG) in the HKSAR;**
- **Mr. CHAN Sheung Man, Simon, JP, District Officer (Eastern);**
- **Dr. Joseph CHAN, Chief Medical Officer of HKSH Medical Group, Deputy Medical Superintendent of Hong Kong Sanatorium & Hospital;**
- **Mr. WAN Chun Man, Chairman, The Hong Kong Eastern District Community Association;**
- **Hon Stanley NG Chau Pei, SBS, JP, Hong Kong Deputy to the National People's Congress of the People's Republic of China, Member of the Executive Council of Hong Kong.**

The officiating guests inserted gold coins that symbolise “Health is wealth, let's save up for health” into the “Health Wealth Piggy Bank” to encourage everyone to adopt a healthy lifestyle, and wish for prosperity of the country and wellbeing of the citizens in celebration of the National Day.

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Dr. Joseph CHAN, Chief Medical Officer of HKSH Medical Group, Deputy Medical Superintendent of Hong Kong Sanatorium & Hospital, said in his speech, “People’s health is the cornerstone of a nation’s prosperity and strength. Dr Li Shu Fan, former Medical Superintendent of Hong Kong Sanatorium & Hospital, devoted his life to promoting the development of medical science and enhancing the health of the nation. Therefore, HKSH staff have been carrying on Dr Li’s legacy and are committed to serving the community and safeguarding public health. Through various health promotion activities, HKSH hopes to promote the importance of exercise and a healthy lifestyle in disease preventive treatments.”



Mr. CHAN Sheung Man, Simon, JP, District Officer (Eastern) expressed that, “I am delighted to witness the collaboration between a hospital in the district and a district organisation in building a healthier community. As a leading medical institution in Hong Kong, HKSH not only delivers top quality healthcare services to patients, but also contributes to society through initiatives such as regular pro bono medical consultations, fundraising activities for medical charities, and public health education. On the other hand, HKEDCA has been proactively organising community activities. Just in the past six months, they have hosted a diverse range of activities, including traditional festival celebrations, cultural and sports events, as well as national security education events. Through HKEDCA’s extensive district network, we are happy to see enthusiastic participation of residents from the

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neighbourhood today. This event not only raises public health awareness and contributes to a healthier eastern district, it also fosters stronger ties within the community. I would like to express my gratitude once again to HKSH and HKEDCA for their unwavering collaborative efforts for the health of the eastern district citizens. The Eastern District Office will continue to support such meaningful events in the future.”



Mr. YEUNG Hon Yip, Executive Chairman, The Hong Kong Eastern District Community Association, said, “Health is the foundation of life. By conducting these health checks, we intend to provide residents of the eastern district with a better understanding of their health concerns in order to achieve early prevention, early detection and early treatment. Through delivering various health talks, the HKEDCA seeks to encourage members of the public to prioritise health in their daily lives.”



During the Festival, six health talks were conducted by doctors, registered dietitians, and physiotherapists, covering a wide range of topics, including geriatric health, dementia, osteoarthritis, Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), body fat and blood sugar management, as well as fall prevention for the elderly. In addition, over 100 HKSH medical professionals and nursing school students conducted free health checks for participants, including body fat assessments, muscle mass evaluations, AD8 dementia screenings, blood sugar tests, eye examinations, eye pressure tests, as well as muscle strength and balance assessments. Exercise demonstrations and nutrition-themed games were also arranged for families to learn more about sport and nutrition information in an interactive way.

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HKSH Blood Donation Day 2024 in Celebration of National Day

Alongside the “National Day Eastern Health Festival”, HKSH hosted the “HKSH Blood Donation Day” on 17 September at the Hong Kong Sanatorium & Hospital where the Hong Kong Red Cross provided mobile blood donation service for HKSH staff. HKSH staff members engaged in the blood donation to share the joy of helping others.



With numerous service locations across the Hong Kong Island, HKSH offers in-patient and different medical specialty services for the public. In addition to the Hong Kong Sanatorium & Hospital located in Happy Valley, Shau Kei Wan in Hong Kong Island East is another hub of HKSH. The HKSH Eastern Medical Centre officially opened in A Kung Ngam, Shau Kei Wan in 2019. It uniquely houses the HKSH Cancer Centre (Island East) and other specialty centres managed by a team of cross-disciplinary medical professionals with comprehensive facilities, providing cancer patients with one-stop screening, diagnostic, treatment, rehabilitation and patient support services. Furthermore, HKSH’s Family Medicine and Primary Care Centre and Geriatric Medicine Centre were established in North Point and Tai Koo respectively to provide easily accessible healthcare services for residents of the eastern district.

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About HKSH Medical Group

Officially launched in September 2017, HKSH Medical Group promotes public health and advanced medicine through a multi-faceted, coordinated approach across clinical services, medical education, scientific research and public health education. Members of the Group, including Hong Kong Sanatorium & Hospital, HKSH Healthcare and HKSH Eastern Medical Centre, are dedicated to offering top-quality holistic care to patients, upholding the motto 'Quality in Service, Excellence in Care.'

Established in 1922, Hong Kong Sanatorium & Hospital is one of the key members of HKSH Medical Group and a leading private hospital in Hong Kong. Living up to its motto of 'Quality in Service, Excellence in Care', the Hospital is committed to serving the public as well as promoting medical education and research.

For more information about HKSH Medical Group, please visit www.hksh.com.

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