

# 香港助產士會

## Hong Kong Midwives Association

Honorary Patron

Mrs Fan Hsu L. T., Rita, GBM, GBS, JP

名譽贊助人

太平紳士范徐麗泰人大常委



## Seminar in Oct 2017

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**Topic : Mindfulness : A practice in midwifery to improve psychological wellbeing**

**Aim :** To apply the concept of mindfulness in pregnancy & childbirth

**Contents :**

1. What is mindfulness ?
2. How mindfulness helps psychological wellbeing?
3. Mindfulness practices

**Speaker :** Ms LAM Kit Yee (Ward Manager, O&G, Prince of Wales Hospital)

**Target Participants :** All midwives

**Date :** 26<sup>th</sup> Oct 2017 (Thursday)

**Time :** 1830-2030

**Venue :** D1, 13/F, Hyde Centre, 223 Gloucester Road, Wan Chai, Hong Kong

**Teaching Medium:** Cantonese supplemented with English

**CNE/PEM points:** 2

**Fee :** HKD 200 (Member) ; HKD 300 (Non-Member)

**Enrolment :**

Please return the completed application form with the course fee in the form of a crossed cheque made payable to "Hong Kong Midwives Association" & send to the address of Midwives Association. The application form can be downloaded from the website: <http://www.midwives.org.hk>

**Deadline of Enrolment :** 11<sup>th</sup> Oct 2017 (*First come first serve*)

**Enquiry :** Hong Kong Midwives Association, Tel 2893 8800, Fax 2572 5329