

Exclusive Invitation

WELLNESS TALK & TEA PARTY

Health with Taste

The Indian Restaurant
GAYLORD
Since 1972

NAVEDATM
WELLNESS
www.navedahk.com

Dr. Sanjay Nagarkar, Microbiologist, Ph.D from The University of Hong Kong will share



- **Keynote & Interactive Q&A Session** 主題分享及互動問答
- **The current COVID-19 status** 目前COVID-19情況
- **Ayurvedic Remedies & therapeutic functional food** 印度阿育吠陀療法及功能性食療
- **What it takes to maintain good hygiene in order to avoid infections** 如何保持良好衛生習慣以避感染
- **Body's protection mechanism & immunity to inactivate virus, in case of contact** 探討身體的保護機制和免疫系統如何避免受病毒感染

21 March (sat), 3-5pm

Gaylord Indian Restaurant
5/F, Prince Tower,
12A Peking Road, Tsim Sha Tsui

- ✗ **Rumours** 謠言
- ✗ **Beliefs** 自我己見
- ✗ **Fake News** 假消息

Facts 事實 ✓

Preventions 預防措施 ✓

Lifestyle Changes 改變生活方式 ✓

Conducted in English and supplemented with Cantonese
英文主講輔以廣東話



Cooking demo with therapeutic functional food
示範如何烹調具治療功能性的食物



Organic Tea Tasting & Complimentary Canapés
品嚐有機茶及免費小食

Complimentary Entrance on First Come First Served basis sponsored by Naveda Wellness.

Gift pack for every guest.

免費入場，先到先得，請預先電郵或電話登記。每位參加者可獲禮物包一份

Register at info@mayfare.com.hk (or Tel: 2713 4134 Winny or Barry at 6902 3360)

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