



養和醫療
HKSH MEDICAL GROUP

For Immediate Release

**HKSH Medical Group, Hong Kong Eastern District Community Association and St. James' Settlement
Co-host the "HKSH Eastern Health Festival" to Build a Healthy Eastern District**

(26 September 2025, Hong Kong) HKSH Medical Group (HKSH), in collaboration with the Hong Kong Eastern District Community Association, St. James' Settlement, and the Hong Kong Island Federation Eastern District Committee, co-organised the "HKSH Eastern Health Festival". The Festival featured a variety of health talks and free health check-up for children, adults, and elderly, with the aim of promoting healthy living among Eastern District residents while celebrating the 76th anniversary of the founding of the People's Republic of China. Supported by the Eastern District Office and the HKSH Village Volunteers, the event was successfully held on 20 September at HKSH Eastern Medical Centre in Shau Kei Wan. The full-day event attracted over 400 guests and members of the public, many joined as families with children and elderly, creating a lively and inclusive atmosphere that embodied the spirit of community integration.



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LI SHU FAN
MEDICAL
FOUNDATION

養和醫療集團成員 Members of HKSH Medical Group

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To kick-start the event, a “Healthy Hearts United” opening ceremony was held 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 in the HKSAR; Dr. Joseph CHAN, Chief Medical Officer of HKSH Medical Group and Deputy Medical Superintendent of Hong Kong Sanatorium & Hospital; Dr. LAU Chor Chiu, Assistant Medical Superintendent of Hong Kong Sanatorium & Hospital and Chief Medical Executive of HKSH Eastern Medical Centre; Mr. WAN Chun Man, Chairman of Hong Kong Eastern District Community Association; Mr. YEUNG Hon Yip, Executive Chairman of Hong Kong Eastern District Community Association; Mr. LAU Hing-yeung, Chairman of Hong Kong Island Federation Eastern District Committee; Ms. LEE Yuk Chi, Josephine, Chief Executive Officer of St. James’ Settlement; and Ms. AU YEUNG Miu Man, Mandy, Rehabilitation Services Senior Manager of St James’ Settlement.

The officiating guests adorned the event banner with heart-shaped decorations, signifying the establishment of a strong and healthy foundation for community development. The ceremony highlighted the concerted efforts to foster healthy lifestyles in the Eastern District, while extending heartfelt wishes for the country’s prosperity and the wellbeing of the citizens in celebration of the National Day.

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Dr. Joseph CHAN, Chief Medical Officer of HKSH Medical Group and Deputy Medical Superintendent of Hong Kong Sanatorium & Hospital, shared in his speech, “The ‘HKSH Eastern Health Festival’ aims to bring together concerted community efforts to promote health education and foster intergenerational harmony. This is one of our initiatives to carry forward the mission of Dr. LI Shu Fan, a founding member and former superintendent of Hong Kong Sanatorium & Hospital, to serve the community and safeguard public health by advancing medical education, medical research, and medical charity. This year's event is held at HKSH Eastern Medical Centre, our flagship facility outside of Happy Valley. Through engaging and interactive activities, HKSH hopes to advocate for the importance of leading a healthy lifestyle, and work hand in hand with our nation toward a healthy and prosperous future.”



Mr. YEUNG Hon Yip, Executive Chairman of Hong Kong Eastern District Community Association, remarked, “Health is the cornerstone of life. It not only affects individuals but also plays a vital role in the well-being of families and the development of our communities. Through today’s event, we aim to raise health awareness among the public and encourage everyone to prioritise health in their daily lives.”

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Ms. LEE Yuk Chi, Josephine, Chief Executive Officer of St. James' Settlement, said, "We are honoured to join hands with HKSH and community partners in raising health awareness among residents of the Eastern District. St. James' Settlement has long been committed to promoting community health. Our services cover dental care, fitness programmes, hearing and vision screenings, and we also operate the Sham Shui Po District Health Centre. These initiatives are aimed at responding to the public's health needs while providing holistic support for people's physical, mental, and spiritual well-being. We believe that the health talks and screening activities at the Health Festival will offer members of the public with practical health knowledge and services, helping us work together towards a healthier, more vibrant, and fulfilling life."



During the Festival, eight health talks were conducted by HKSH specialists, registered dietitians, optometrists and physiotherapists, covering a wide range of topics, including dietary strategies for preventing sarcopenia, myopia in children, female urinary incontinence, hand joint pains, anxiety disorders, dementia, cancer treatments, and elderly health.

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More than 100 HKSH medical professionals, along with instructors and students from the nursing school, conducted free health checks for participants. These included body fat and muscle mass assessments, blood glucose tests, eye examinations, muscle strength and balance evaluations, bone density tests, as well as dementia and mental health screenings. Additionally, St. James' Settlement also hosted an oral health education booth, offering practical advice on dental care and tips for maintaining oral wellbeing through healthy eating habits.

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A dedicated “Health EX” zone was established, where physiotherapists demonstrated simple, easy-to-follow exercises, and dietitians offered expert advice on health management. Participants gained valuable insights into the three pillars of good health: body check-ups, balanced diets, and regular exercise, all within a vibrant and interactive setting. To celebrate the National Day, HKSH introduced a limited-time offer for its “Health EX” health management programme, allowing participants to enjoy an introductory experience at a special rate until 31 October. Those who enrol in the one-year programme will also receive an HKSH dining voucher as an additional benefit.

The “HKSH Eastern Health Festival” has become a major healthcare event in the Eastern District since its debut in 2024. By integrating education with entertainment, the Festival fosters intergenerational harmony while promoting a healthier community. Since its opening in 2019, HKSH Eastern Medical Centre has become HKSH’s flagship medical hub in the Eastern District, which houses a world-class cancer centre, a community-based family medicine outpatient clinic, a health assessment unit and various specialty centres, followed by the launch of the Greater Bay Area’s first and Hong Kong’s only proton therapy system in 2023. These facilities have significantly enhanced healthcare services for residents in the Hong Kong Island East and beyond.

—END—

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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, HKSH Eastern Medical Centre and HKSH Cancer Centre, are dedicated to offering top-quality holistic care to patients.

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 <http://www.hksh.com>.

About HKSH Eastern Medical Centre

HKSH Eastern Medical Centre, a member of HKSH Medical Group, officially commenced operations in July 2019. Located at A Kung Ngam, Shau Kei Wan, Hong Kong Island, the Centre is home to the HKSH Cancer Centre (Island East), HKSH Family Medicine and Primary Care Centre (Island East), Department of Health Assessment (Island East), and other outpatient specialty centres. From assessment and diagnosis to treatment and nursing care, patients are assured of the best possible support throughout with one-stop, high quality services from our multidisciplinary medical and nursing team.

For more information about HKSH Eastern Medical Centre, please visit <https://www.hksh-emc.com/zh-hant/>.

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