



COLLEGE OF NURSING, HONG KONG 香港護理學院

World Health Day 2017, Kowloon City Healthy Carnival

10 April 2017

An annual event – World Health Day 2017, Kowloon City Healthy Carnival was successfully held on April 9, 2017, Kowloon City Plaza. The purpose of the event is to give the public a better understanding on public hygiene and health issues.



The theme of this year is “Depression”. As a long-term partner of Building Healthy Kowloon City Association Limited, College of Nursing Hong Kong has designed a booth game base on the four main causes of depression, which are physiological factor, psychological factor, environmental factor and genetic factor. The general public could learn that any age of people may suffer from depression, and those people should seek help as soon as possible.

Difference activities were offered such as drama performance, to spot out some symptoms of depression. Participants were invited do some yoga and towel exercises in order to release stress and promote health of the community.





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世界衛生日 2017 - 健康龍城嘉年華

二零一七年四月十日

一年一度的健康龍城嘉年華世界衛生日 2017 於二零一七年四月九日，九龍城廣場順利舉行。是次活動目的為公眾對衛生或健康的議題上有更深認識。



今年世界衛生日主題為「抑鬱症」，是次活動口號為「齊來談談抑鬱症，攜手共建好心情」。學院作為建設健康九龍城協會的合作伙伴，參與設計攤位遊戲，並由學院義工團隊帶領，讓普羅大眾透過遊戲認識患上抑鬱症主要成因來自生理、心理、環境和遺傳因素等，亦帶出任何年齡的人士都有機會患上抑鬱症的訊息，正視抑鬱症，及早作出治療。此外，大會亦透過話劇短講，解構抑鬱症的主要徵狀，更邀請台下的觀眾參與大笑瑜伽及活力毛巾操，一同紓解壓力，推廣社區健康。

