

# Eat to perform. Eat for vitality.

## 30 August 2016



"We are what we eat" as all health conscious people say. What exactly does this mean? Does it mean the food that we take will determine our health, our thinking and our mood? Let speaker Dr. Simon S.C. Chau (周兆祥博士), GreenWoods Raw Café founder, tell you the answers.

Dr. Chau will share with you the secrets of superfood and his recommendations. The talk will round up with a DIY test to find out how happy you are after eating "positive food". It is hoped that the talk will help you become wiser in choosing your superfood.

Date Tuesday, 30 August 2016

**Time** 7:00 p.m. – 8:30 p.m.

**Venue** 27/F, Wu Chung House 213 Queen's Road East, Wanchai

Fee\* HK\$80 (Institute member) / HK\$120 (Non-member)

(\* Light refreshment will be provided.)

**Language** Cantonese

**Deadline** 23 August 2016

### About the speaker

Simon S.C. Chau, PhD (周兆祥博士) is a veteran local green guru who retired early from his university post in 2005 to devote his life fully to promote green living. Radio and TV host, author of over 200 books, he founded Produce Green, the first organic farm in Hong Kong, and GreenWoods, the first raw restaurant in this part of the world.

#### Registration

**To register**, please complete the enclosed enrolment form and return it with full payment to the Institute. The number of seats is limited. Priority will be given to Institute members.

#### For enquiries, please contact:

- 2287 7065 / estherma@hkicpa.org.hk for event information;
- 2287 7381 / finance@hkicpa.org.hk for payment & enrolment status.



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Address:

Finance & Operations Department, Hong Kong Institute of CPAs

Event Code: LE160830

37th Floor, Wu Chung House, 213 Queen's Road East, Hong Kong.

Enrolment Form (Please enroll on or before 23 August 2016) Fax no: 2893 9853

Confirmation of enrolment will be sent to you via email. You can check your enrolment status at "MyCPA" at www.hkicpa.org.hk.

| Unsuccessful enrolment will be notified with  | full refund.   |  |
|---|--|--|
| Date: 30 August 2016  |  | FOR OFFICE USE   |
| Time: 7:00 p.m. – 8:30 p.m.   |  | Seq. no.:  |
| Venue: 27/F, Wu Chung House 213 Que   | en's Road East, Wanchai  | Handled by:  |
| (1) Name: (Mr./Mrs./Ms.)  | *Mobile No.:   |  |
| HKICPA Membership No: *Email:   |  |  |
| (2) Name: (Mr./Mrs./Ms.)  | *Mobile No.:   |  |
| HKICPA Membership No:   | *Email:  |  |
| * Contact information is used solely for communication of this particular event, without update to your member profile.   |  |  |
| Admission fee:  | ember: HK\$ 80 X person(s) = \$  |  |
| □ Non-member: HK\$120 X person(s) = \$  |  |  |
| Payment Method (Please tick the approp  | priate box)  |  |
| ☐ Cheque (no  | _) payable to "Hong Kong Institute of Co   | ertified Public Accountants" or "HKICPA"   |
| □ BOC HKICPA VISA □ BOC   | HKICPA UnionPay card   | r VISA / MasterCard  |
| Card Number:  |  | Card Expiry Date <sup>3</sup> (MM/YY):   |
| Cardholder's Name (block letters):  | Cardholder's Signature:  | Date:  |
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| ☐ I would like to have an official receipt. (Remarks: Official receipt will be sent to your email address provided above.)  |  |  |
| Notes:  |  |  |
| 1. Enrolments are accepted on a first-come-first-s  |  |  |
| 2. Full payment must be made before your applica  | ·  | •  |
| <ol> <li>For credit card payment, the card should be valid with expiry date at least 1 month from the date of event.</li> <li>Application by fax will ONLY be accepted when payment is made by credit card. Cash is strictly not accepted.</li> </ol>   |  |  |
| 5. Confirmation of enrolment will be sent to you via email. You can check your enrolment status at "MyCPA" at www.hkicpa.org.hk. Unsuccessful   |  |  |
| enrolment will be notified with full refund. 6. If you do not hear from us by 26 August, please contact Ms. Esther Ma at 2287 7065.   |  |  |
| 7. In normal circumstances, the enrolment fee is non-refundable or non-transferrable upon receipt of payment by HKICPA. Should the event be   |  |  |
|   |  | your payment method. For credit card payment, refund   |
| 8. Bad weather arrangement: When typhoon signal   | it. For cheque payment, refund will be mailed to y<br>al no.8 or above / black rainstorm warning is hois |  |
| of event, the event will be cancelled. Your admis   | ssion fee will be refunded in the event of cancella  | ation due to bad weather.  |
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