



養和醫療
HKSH MEDICAL GROUP

For Immediate Release

The Third “HKSH Eastern Health Festival” Successfully Concluded Cross-sector Efforts to Promote Family Care and Build a Healthy, Harmonious Community

(Hong Kong, 30 October 2026) — HKSH Medical Group (HKSH) and St. James’ Settlement co-organised the third “HKSH Eastern Health Festival” on 24 October at HKSH Eastern Medical Centre in Shau Kei Wan. The event was supported by the Eastern District Office, HKSH Village Volunteers, and Tung Wah College, which joined for the first time this year. This cross-sector effort brought together the healthcare, social welfare, government, and academic partners to promote community health. About 400 guests and members of the public attended, with many families joining across generations. The event featured 17 booths offering free health check-up and interactive games, and HKSH’s professional teams gave a series of health talks for children, adults, and elderly. The new “HKSH Kids Medical Classroom” was added this year to help children build healthy habits from an early age. The day reflected HKSH’s commitment to family health and community integration.



The opening ceremony was officiated by distinguished guests including Mr. Henry LAI, JP, District Officer (Eastern) and Chairman of the Eastern District Council; Ms. Mabel SIU, District Social Welfare Officer (Eastern and Wan Chai); Dr. Joseph CHAN, Chief Medical Officer of HKSH Medical Group and Deputy Medical Superintendent of Hong Kong Sanatorium & Hospital; Dr. LAU Chor Chiu, Chief Medical Executive of HKSH Eastern Medical Centre and Assistant Medical Superintendent of Hong Kong Sanatorium & Hospital; Ms. Wendy CHEUNG, Deputy Chief Executive

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Officer of St. James' Settlement; and Dr. Jacky WONG, Associate Professor of School of Medical and Health Sciences, Tung Wah College.



Dr. Joseph CHAN, Chief Medical Officer of HKSH Medical Group and Deputy Medical Superintendent of Hong Kong Sanatorium & Hospital, shared in his speech, “Rooted in Hong Kong for over a century, HKSH has safeguarded the health of families across generations throughout their different stages of life. The HKSH Eastern Medical Centre is our flagship medical hub in the Island East. As a member of the Eastern District community, HKSH hopes to build a solid line of defence for every family. In recent years, we have been actively promoting family-centric preventive primary healthcare. Through collaboration with our community partners and spreading healthcare knowledge in an interactive way, we are encouraging the community to proactively manage health capital at an early stage, so as to achieve a healthy and enjoyable lifestyle.”



Ms. Wendy CHEUNG, Deputy Chief Executive Officer of St. James' Settlement, remarked, “Our heartfelt gratitude to HKSH Medical Group for inviting us. Through collaborating with different partners, St. James' Settlement is bringing health information and various experiences to the community. Health is a part of daily life – it can be paying attention to your own sleep quality and physical condition, or reminding caregivers to be mindful about their own needs while taking care of their family members. At today's event, we hope to connect medical expertise with community services through simple, fun and interactive experiences, jointly turning health from a concept into a part of everyone's daily life.”

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During the Festival, more than 100 volunteers including HKSH medical professionals as well as students from the HKSH School of Nursing, Tung Wah College and Eastern District Office's E-League Programme conducted free health checks for residents. These included body fat assessments, blood glucose tests, eye examinations, AI-powered eye health checks, bone density and posture scans. The event also featured booths for health exercise, fall prevention, mental health, oral health, reaction lights, DIY aromatic sleep sachets, immersive virtual reality experience, and caregiver wellness activities.

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To raise health awareness among the next generation, dedicated children activities have been introduced to this year's event. At the "HKSH Kids Medical Classroom", young ones in mini surgical gowns transformed into little doctors to experience Cardio Pulmonary Resuscitation (CPR) first-aid process through interactive role-play under the guidance of healthcare professionals, gaining healthcare knowledge and first-aid awareness. The "HKSH Kids Health Explorer" experience also promoted health knowledge among children in a fun and interactive way. Upon completion of various challenges, participants were awarded with a certificate to commemorate their educational health journey.

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Eight health talks were conducted by HKSH specialists, registered dietitians and physiotherapists, covering a wide range of topics, including macular diseases and diabetic retinopathy, healthy diet for “three highs” and fatty liver disease, bone fractures, scoliosis, pain management, attention deficit and hyperactivity disorder (ADHD), osteoporosis, and elderly health.

Since it was first held in 2024, the “HKSH Eastern Health Festival” has been well received by the public and the wider community. HKSH listens closely to participants’ feedback to share future community health initiatives, which combine learning with fun, bring generations together, and help build a healthier community. Since its opening in 2019, the HKSH Eastern Medical Centre has become HKSH’s flagship medical hub in the Eastern District housing the HKSH Cancer Centre, HKSH Proton Therapy Centre, HKSH Diagnostics Centre, HKSH Family Medicine and Primary Care Centre. The HKSH Eastern Medical Centre has been continuously upgrading and expanding its medical services and equipment to provide health check-ups, family medicine and primary healthcare, geriatric medicine, rheumatology, dietetics, as well as Asia’s first Photon-Counting Computed Tomography Simulator (PCCT-Sim) and Hong Kong’s first total-body Positron Emission Tomography/Computed Tomography (PET/CT) system. It is committed to providing top-tier, comprehensive and one-stop medical care to safeguard public health in all aspects.

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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, HKSH Cancer Centre and HKSH Institute for Innovation & Professional Development, are dedicated to offering top-quality holistic care to patients.

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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.com/about-hksh/li-shu-fan-medical-foundation/hksh-eastern-medical-centre>.