

# Exciting Rewards\*

Our team will be reaching out with more details soon.  
Feel free to contact us for any inquiries.

## Stay Connected

To encourage participation and motivation:

- Earn credits for joining club activities and workshops
- Exchange credits for gifts or fun outings (e.g. Disneyland trips)

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## TARGET

Individuals and families offered free membership

## SERVICE LOCATIONS



## ENQUIRY & REGISTRATION

**9AM ~ 5PM** | Monday to Saturday  
Closed on: WED, SUN, and Public Holidays

**9720 1762**

801, 8/F Chinachem Johnston Plaza,  
178-186 Johnston Road,  
Wan Chai (By appointment only)

Follow us on social media!



Member Code

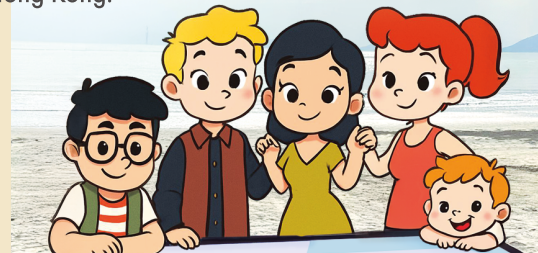


Last Update: May 2025



# CLUB HEALTH

The Jockey Club S.A.T.H. Project for Healthy Families – CLUB HEALTH is committed to supporting the health and well-being of ethnic minority (EM) families in Hong Kong.



Co-organized by:



Funded by:





## WE PROVIDE:



### FREE PHYSICAL AND MENTAL HEALTH CHECK-UPS

- Blood pressure, blood glucose, cholesterol, and BMI checks
- Skeletal muscle percentage measurements
- Stress/Well-being assessment



**NEW MEMBERS** who complete a health check-up will receive a **\$200 SUPERMARKET COUPON**. Don't miss this opportunity — come and join us!



### PERSONALIZED FOLLOW-UP SUPPORT

- **Counseling:** Personalized advice and mental health support by social workers
- **Referrals:** Assistance in connecting with community healthcare services for those with chronic illnesses, mental health challenges, or other medical needs



### MENTAL WELL-BEING WORKSHOPS

- Expressive Arts
- Mindfulness and Meditation
- Art and Music Workshop



### HEALTHY LIFESTYLE WORKSHOPS

- Healthy Diet Cooking
- Physical Exercise



### FAMILY BONDING ACTIVITIES



### FESTIVE GATHERINGS



### HEALTH AMBASSADOR PROGRAM

- Leadership training and community service participation supporting EM individuals in navigating good healthcare services in the community.



**REWARDS AND INCENTIVES** for ambassadors who successfully complete the training and contribute service hours.