



賽馬會「e健樂」電子健康管理計劃
Jockey Club Community eHealth Care Project

Initiated and Funded by:



The Hong Kong Jockey Club Charities Trust

Project Partner:





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Nutrition related Programmes



Cognitive Training related Programmes



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Frailty and/or Exercise related Programmes



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Mental Health related Programmes



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Social Connectedness related Activities



Ceremony