

The Chinese University of Hong Kong
Department of Orthopaedics and Traumatology

Evening Seminar of Prof Katherine BROOKE-WAVELL

Date and Time: 12 January 2026 (Monday), 1830 – 2130 hours

Venue: Rooms 1005 and 1006, CUHK Medical Centre, 9 Chak Cheung Street, Shatin, New Territories, Hong Kong

Speaker: Professor Katherine BROOKE-WAVELL Professor in Skeletal Physiology, Exercise and Ageing, School of Sport, Exercise and Health Sciences, Loughborough University, UK	
Time	Topic
1830 – 2000 hrs	Exercise Physiology
2000 – 2130 hrs	The Effectiveness of Community Group and Home-Based Falls Prevention Exercise Programmes on Bone Health in Older People