



香港中文大學  
The Chinese University of Hong Kong



香港中文大學醫學院  
Faculty of Medicine  
The Chinese University of Hong Kong



矯形外科及創傷學系  
Department of Orthopaedics and Traumatology

## Evening Seminar

# Exercise Physiology & The Effectiveness of Community Group and Home-Based Falls Prevention Exercise Programmes on Bone Health in Older People



## Professor Katherine BROOKE-WAVELL

*Professor in Skeletal Physiology, Exercise and Ageing  
School of Sport, Exercise and Health Sciences  
Loughborough University, United Kingdom*

### Date and Time

12 January 2026 (Monday), 1830-2130

### Venue

Rooms 1005 and 1006, CUHK Medical  
Centre, 9 Chak Cheung Street, Shatin, NT

### Course Fee

Free (REGISTRATION REQUIRED)

### Accreditations

Pending

### Registration Deadline

8 January 2026

### Capacity

60



## FREE REGISTRATION



### Supported by

MSc Programme in Musculoskeletal  
Medicine, Rehabilitation and Geriatric  
Orthopaedics

### Course Secretariat

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