

Healthy Living Talk by out HKU alumni

On March 4, two of our alumni, Andre Cruz and Jasveen Kaur, who are studying Nursing at HKU came back to their alma mater to give a talk on "Healthy Living" with some of their group-mates. The aims of the talk were to explore the stress levels of our S6 students and to offer practical advice on how to overcome stress so as to promote the well-being of individuals in the community. Our S6 students gave positive feedback on the talk which they said give practical suggestions on how to handle stress.