

# CULTIVATING WELLNESS: MINDFULNESS FOR DENTAL PROFESSIONALS



By Dental Young Fellows Chapter, CDSHK



Date 3 August 2025 (Sunday)

Time 09:00-13:00

Venue: Lecture Hall, Duke of Windsor Social Service Building, Wan Chai

Speakers Dr Leung Chung Ming (Clinical psychologist);  
Ms Kong Po Ying Cathy (Applied Behavior Analysis (ABA) therapist)

Content: Lecture: Introduction to mindfulness techniques  
Hands on: Mindfulness-based activity (flower jamming)  
Refreshment will be included

Fee \$400 (early bird registration)  
\$600 (registration after 10 Jul)



Take-home product



QR code

CME/CPD 5.5 points  
[1.5 points (lecture); 4.0 (hands on)]

Registration: Please scan the QR code for more details/ registration  
A registration confirmatory email detailing payment procedure will be sent to the successful applicants.