The Institute of Human Performance invites you to a program of free Health Talks under the Exercise is Medicine on Campus (EIM-OC) initiative, focusing on sharing knowledge about areas surrounding Health, Exercise, and Active Lifestyle and raising awareness of the importance of an active and healthy faculty lifestyle.

**EXERCISE AND AGEING**
**HEALTHY BODY HEALTHY MIND**

*Wednesday June 15, 2016*
*12:30 - 13:30pm*
*Room 2.42, 2/F, The Jockey Club Tower*
*Centennial Campus, University of Hong Kong*

**Prof. Terry Lum**

Henry G. Leong Professor in Social Work and Social Administration, The University of Hong Kong

Head of Department of Social Work and Social Administration, The University of Hong Kong

**Abstract**

As the median age of Hong Kong residents has reached 42.8 in 2014, many of our colleagues at HKU are either taking care of their elderly parents or actively preparing for their own ageing. Professor Lum of the Centre on Ageing will share some of the recent research-informed wisdom on healthy ageing, with specific focus on exercise for healthy body and healthy mind.

**About the Speaker**

Professor Terry Lum is a Henry G. Leong Professor in Social Work and Social Administration and the Head of Department of Social Work and Social Administration in the University of Hong Kong. He is a past Director and present Associate Director of the Sau Po Center on Ageing. Professor Lum is an expert in long term care policy, productive ageing, and ageing-in-place. His research findings on ageing-in-place in low income public rental housing estates have been adopted by the largest non-profit housing solution provider in Hong Kong to develop its ageing-in-place program for elderly tenants. Professor Lum is currently in charge of the implementation of an age-friendly city project in two districts in Hong Kong. He also oversees several large policy research projects funded by the Hong Kong SAR Government to reshape the long-term care infrastructure of Hong Kong.

**MORE INFORMATION AND TO SIGN UP**

As places are limited, signing up for the event is preferred. Please scan the QR-code or follow this link: http://tinyurl.com/EIMHealthTalk3.

For more information, please contact us through 39177852 or activihp@hku.hk