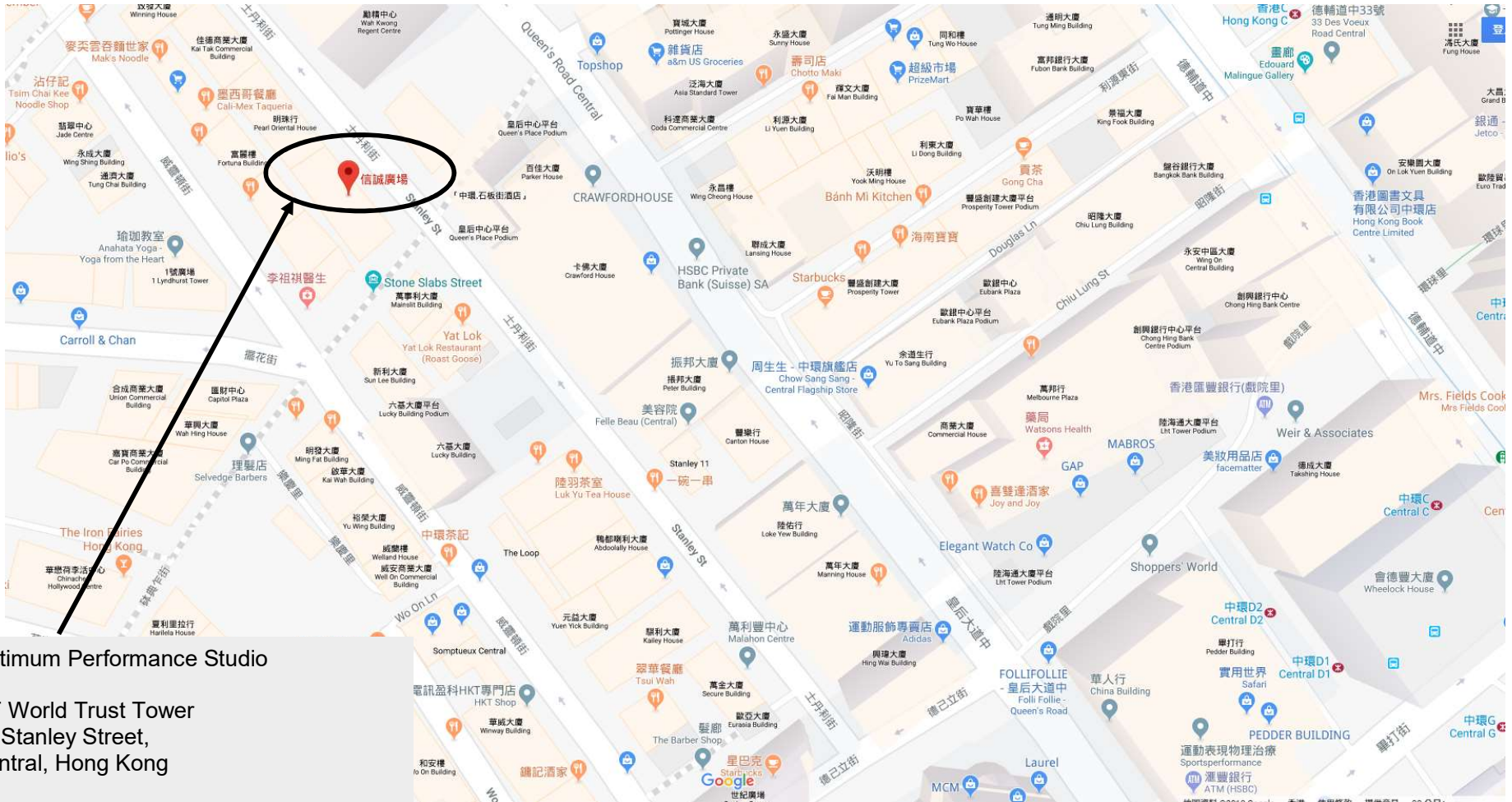


# The Hong Kong Institute of Chartered Secretaries

## Fun & Interest Group – Strength and Stretching Training

Date / Time: Saturday, 6 April and 13 April 2019

Venue: Optimum Performance Studio, 2/F World Trust Tower, 50 Stanley Street, Central, Hong Kong



Optimum Performance Studio

2/F World Trust Tower  
50 Stanley Street,  
Central, Hong Kong

Central MTR station, exit D2