



ANA 營養及體重管理中心 Nutrition & Weight Management Fitness Centre

One Life. Live It Well. 健康人生。不枉此生。

亞洲營養學會十五週年慶典

Asian Nutrition Academy 15th Anniversary

Recently ANA marked its 15th anniversary. We celebrated this occasion with a party and invited our clients and old friends. I would like to take this chance to share with you the speech I gave to our guests that evening.

"One Life, Live it Well. Be the best version of you.

The pain you feel today will be the strength you will feel tomorrow."

This is our new slogan for ANA's 15th anniversary. My goal has never been to only encourage and help my clients to focus on their physical beauty. I think there is more.

About 1 month ago, I had my diabetic check-up. I have been going to the same Doctor for almost 20 years. She asked me how I can control my diabetes so well. What is my secret?

I answered that because of my work, I must be a role model. If I cannot take good care of myself, then how can I gain the confidence of my clients. I told her, "there is no secret!". I try to practice what I have learned from a bible verse.

Galatians 5:22-23 reminds us of the Fruits of the Spirit is



Against such things there is no law.

Because of the lessons I have learned from this verse, I am more able to help my clients to handle their problems and go through their struggles by applying these Fruits to my own life and to my help to them.

"Inner beauty is more important than physical appearance!"

Wallace Ngai Ching Ming

President of Asian Nutrition Academy



亞洲營養學會
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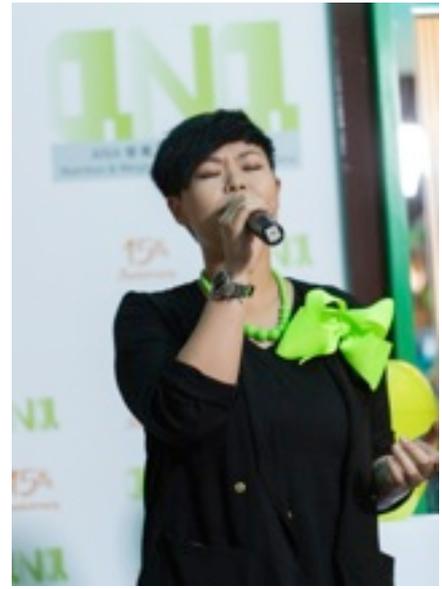
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The 15th Anniversary celebration of Asian Nutrition Academy was held at the Ladies Recreation Club (LRC) on the evening of the 1st October 2016. It was a fantastic night to see our guests joining in the fun and dressing up in 80/90s outfits, looking retro and colorful!

亞洲營養學會15周年紀念慶典 活動於2016年10月1日晚上在 Ladies Recreational Club (LRC) 舉行。各位來賓和親朋好友都打扮著80/90年代的衣飾，增添當晚氣氛!





The celebration was kicked off with Wallace's speech, then followed by Eman's heart warming singing performance- The theme of the performance is Love, between the partners, within the family and friendship. The first song was "Someone like you", then a chinese song "只怕不夠時間看你白頭". While performing her popular song "Do you love me", there was a dancing collaboration with Martin and Ita. 慶典活動首先由Wallace致詞，然後有二汶為我們唱出"Someone Like You"，接著是"只怕不夠時間看你白頭"，最後連同 Martin和 Ita 伴舞，唱了"Do you love me".



