

## Quality HealthCare Joins Oxfam Trailwalkers

**Are you physically fit?  
Are you ready to take up  
challenges?**

**We are!**

Oxfam Trailwalker is one of the largest fundraising sports events in Hong Kong. Since 1986, Oxfam Trailwalker has raised over HK\$220 million to support Oxfam's various poverty alleviation and emergency relief projects in Africa and Asia, including Hong Kong and mainland China. However, there are still millions of people living in poverty, and they really need your support. For more information, please visit <http://www.oxfamtrailwalker.org.hk/tc/home.html>

Led by Mr. Stanley Lau, our physiotherapist-in-charge of the Mongkok centre, Quality HealthCare has formed a team of four fitting the above requirement and will join Oxfam Trailwalkers on 10-12 November 2006. They will complete the 100km MacLehose Trail within a 48-hour limit, encouraging each other along the way, facing every difficulty together, and they will organize a support team and plan a training schedule at least three months before the event.

### TRAINING SNAPSHOTS

