



登山善行  
hike for  
hospice

2024  
**3.10**  
香港島大潭郊野公園  
Tai Tam Country Park  
Hong Kong Island



登山善行 紓己寧人

# 31<sup>ST</sup> HIKE *for* HOSPICE

## Put Your Best Foot Forward

幫助晚期病人，支持善寧，參加「登山善行」，為生命賦上意義！

Join Hike for Hospice now to support a meaningful cause!

主辦機構 Organised By



善寧會

Society for the Promotion of Hospice Care



2331 7000



2336 2776



9635 5001



hike@hospicecare.org.hk

[hike.hospicecare.org.hk](http://hike.hospicecare.org.hk)





## 關於善寧會 ABOUT THE SOCIETY FOR THE PROMOTION OF HOSPICE CARE

善寧會 (SPHC) 於 1986 年成立，見證著寧養紓緩服務的重要發展。總部是位於沙田的「賽馬會善寧之家」，主力提供寧養住院服務；而位於長沙灣的「譚雅士杜佩珍安家舍服務中心」(安家舍)，則是善別輔導的社區服務點。在過去 37 年，我們一直以「天為生命定壽元·人為生命賦意義」為宗旨，關顧病人及家屬在身、心、社、靈的需要，提供適切的支援。

Established in 1986, the Society for the Promotion of Hospice Care (SPHC) has experienced significant growth over the years, resulting in the establishment of two important facilities: The Jockey Club Home for Hospice (JCHH) in Shatin and the Jesse and Thomas Tam Centre (JTTC) in Cheung Sha Wan. JCHH serves as a proper 'Hospice', while JTTC focuses on bereavement counseling. Throughout the past thirty-seven years, we have strived to 'When days cannot be added to life, add life to days'. We have deeply considered and addressed the fragile and specific needs that arise during challenging times for both patients and their families.

## 住院資助計劃 Subsidy Bed Scheme



「住院資助計劃」旨在為基層的晚期病人提供經濟援助，令普羅大眾也能接受適切的寧養住院服務。社工會為申請家庭進行經濟狀況評估，符合資格人士可獲大幅減免費用、甚至免費入住「賽馬會善寧之家」。感謝善長仁翁和慈善基金的慷慨捐助，2022-2023 年度共有 76 個家庭受惠於相關計劃。

The Subsidy Bed Scheme helps ensure that the underprivileged also have access to the best palliative care provided at JCHH. To determine eligibility, our social workers conduct a financial assessment with each applicant, and those who meet the requirement will receive in-patient care at a reduced price or, in some situations, at no cost. Thanks to the generosity of donors and charitable foundations, this Subsidy Bed Scheme benefited 76 families in 2022-2023.

「賽馬會善寧之家」是一所以「家庭為本」的寧養中心，共設有 30 間獨立套房，採用家居佈置，讓晚期病人在寧靜舒適的環境下，有嚴尊走完人生最後階段。院舍的醫護團隊由醫生、護士、護理員、心理學家、社工等組成，除了提供醫療照顧外，亦為病人與家屬提供善別輔導等一站式支援。在過去 12 個月，院舍共為 228 名晚期病人提供住院服務，其中 95% 為徵狀控制及臨終照顧病人，78% 在 65 歲或以上。另外，「賽馬會善寧之家」分別為 570 名住院病人家屬提供輔導服務。

JCHH is a 30-bed hospice facility dedicated to providing terminally ill with the utmost care and dignity as they complete their life's journey. In addition to medical care, the facility offers much-needed bereavement counseling services for families. Our team, consisting of highly qualified doctors, nurses, personal care workers, psychologists and social workers provide comprehensive support in a family-oriented and home-like environment. In the past twelve months, we admitted 228 terminally ill patients, with 95% receiving medical care. Among these patients, 78% were over the age of 65. Furthermore, JCHH provided in-patient counseling to 570 respective family members.

## 家居照護 Home Care Service



我們的家居照護團隊由醫生、護士、社工和其他專職醫療人員組成，致力為家居照護病人及家屬，提供外展舒緩服務。由家居護士擔任個案經理，定期上門為病人控制徵狀、藥物諮詢，提供照顧方案及教授護理知識。社工亦會為病人及家屬，提供善別輔導及情緒支援。

Our home care team, consisting of doctors, nurses, social workers and other healthcare professionals, is committed to fulfilling the needs of terminal patients and their families with the same compassion and attention provided to in-house patients. Home Care nurses serve as Case Managers, conducting regular home visits to provide symptom control, medication education, care planning and carer support. Our social workers also offer counseling for both patients and their loved ones.

## 日間服務 Day Service



我們的日間服務包括「日間門診」和「日間活動中心」。「日間門診」是由經驗豐富的醫生、護士和專職醫療人員，提供診症及專職醫療服務，為晚期病人舒緩徵狀並為家屬提供照顧支援。「日間活動中心」方面，由社工帶領一系列具治療性的活動，從而幫助病人及家屬緩解壓力和不安情緒。去年，我們的日間服務共錄得 1,438 人次。

Our day service consists of two distinct components: "day consultation" and "day activity centre". Under "day consultation", terminal patients and their families receive medical consultation and any other health services. They are attended to by an experienced team of doctors, nurses and healthcare professionals. The "day activity centre" offers a wide range of therapeutic activities developed by our social workers to help alleviate stress and anxiety. In the past year, our day service was utilized 1,438 times.

## 善別輔導 Subsidy Bed Scheme



面對晚期病人及家屬的不安情緒，我們亦提供善別輔導和哀傷支援。由具經驗的社工和輔導員進行個人或家庭的善別輔導，同時提供治療性支援小組、促進心理健康的活動。善寧會轄下「安家舍」，更是專為社區人士提供免費善別輔導的服務中心，去年它與「賽馬會善寧之家」合共為 3,095 人次提供善別輔導服務。

To meet the needs of terminally ill patients and their families, we place a strong emphasis on providing extensive bereavement counseling and support. Our experienced social workers and highly trained bereavement counsellors are available to conduct individual and family counseling sessions. We also offer therapeutic support groups and mental wellness activities. JTTC provides community bereavement services at no cost to the public, and together with JCHH, we provided a total of 3,095 specific counseling sessions last year.



## 「登山善行」目的 OUR MISSION FOR JOINING HIKE FOR HOSPICE

### 為何「登山」？ Why do we HIKE?

「登山」象徵人生中的不同挑戰。藉著跨過高山低谷，鼓勵病人即使面對有涯的生命，也可活出正面安然的人生。善寧會「賽馬會善寧之家—資助住院計劃」將活動所籌得的善款，用作幫助基層的晚期病人及喪親家庭，接受寧養紓緩及善別輔導服務，讓病人安舒及有尊嚴地完成人生終途，並協助喪親人士處理哀傷情緒。病人及家屬做好圓滿生命的準備，達至生死兩相安。

The hike symbolizes the number of challenges we encounter in life. Ensuring that individuals facing a life-limiting illness can experience life positively and approaching death with dignity and peace. This year, The Society for the Promotion of Hospice Care (SPHC) - "Subsidy Bed Scheme" of Jockey Club Home for Hospice (JCHH) will be used the funding to provide quality palliative care and bereavement services to underprivileged terminal patients. Our goal is to ensure that their remaining days are filled with warmth and dignity, while offering comprehensive support to their family members during the grieving process.



## 「登山善行」有何不同？ What makes Hike for Hospice special?



「登山善行」是一個以社區為本的遠足活動，提供三條風景宜人的長短路線，適合各界參與，包括一家大小和寵物。

Hike for Hospice is a community-oriented hike, offering three pleasant routes with beautiful scenery of varying lengths suitable for different groups of participants, including the whole family and pets.

有別於其他登山活動，我們會為「登山善行」的參加者提供美味咖喱作午餐。不少長期支持的登山健兒，也是被滋味咖喱吸引再來。

Our event stands out as one of the hiking events that includes a delicious curry lunch. Our long-time hikers have expressed how our delectable curry entices them to return.

2024年是「登山善行」的31周年。每年，登山健兒都會為這個活動仰首邁步，用他們的足跡為病人的晚晴歲月添上意義。

2024 marks the 31st Anniversary of Hike for Hospice. Every year, vigorous hikers continue to brave the hills for this worthy cause because they understand every step along the way counts.



## 為何活動能持續逾三十年？ Why have we been able to continue for over three decades?

「登山善行」始於1992年，當時有位堅毅的登山健兒，完成了一段跨越52座山丘的遠足之旅，為「善寧會」籌款。發展至今，每屆登山活動均匯聚數以百計、來自不同背景和年齡的人士參與，共襄盛舉支持晚期病人。活動同時鼓勵大家以登山、遠足的方式，紀念所愛、珍惜生命。

Hike for Hospice began informally in 1992 when a courageous hiker embarked on an epic journey across 52 hills to raise funds for the SPHC. Today, this event brings together hundreds of community members of all ages and backgrounds, united in their support for individuals with life-limiting illness. It serves as an inspiration for others to hike in memory of a loved one or to celebrate life.



# 2024.3.10 SUN

## 大潭郊野公園燒烤區2號場 (近陽明山莊)

Tai Tam Country Park BBQ Area Site 2  
(Nearby HK Parkview)

場地開放  
Site opens **8:00am**

起步禮  
Opening Ceremony **8:45am**

起步時間  
Kick-off Time **9:00am**

※ 報名詳情  
Enroll Details



[hike.hospicecare.hk](http://hike.hospicecare.hk)

### 組別及籌款詳情

#### Categories & Fundraising Details

組別 Category	每隊最多參加人數 Maximum No. of Members	最低籌款目標 Minimum Fundraising Target	路程 Route
個人組 Individual 	1	HK\$5,000	7km 14km 20km
團隊組 Team 	4	HK\$20,000	7km 14km 20km
企業挑戰賽* Corporate Challenge* 	4	HK\$30,000	14km
校友會挑戰賽# Alumni Challenge# 	4	HK\$15,000	14km

\* 須以公司 / 機構名義組隊參與。 # 須以校友組織名義組隊參與。 ※ 如向大會提交表格，本會將以電郵或 WhatsApp 確認。

\*Teams has to register in the name of a corporation. #Teams has to register in the name of the alumni association. ※Submit the enrolment form to SPHC, the enrolment confirmation will be sent to you by email or WhatsApp.

報名截止日期  
Enrolment Deadline

# 2024.3.1 FRI

捐款方式  
Donation Methods

銀行轉賬 Bank Transfer  
恒生銀行 Hang Seng Bank  
280-3-451141

## 獎項 Awards

### 登山挑戰賽獎 # Hiking Challenge Award #

各組別均設有冠、亞、季軍獎項；個人組 / 團隊組 / 企業挑戰賽 / 校友挑戰賽各以三條路線獨立計算  
Each category has 1st, 2nd and 3rd awards, the individual category/team category/corporate challenge/alumni challenge is calculated independently based on three routes



### 最高團隊籌款大獎 Top Fundraising Award

各組別均設有一項「最高團隊籌款大獎」  
Each category has one "Top Fundraising Award"

# 以所有隊員到達終點的時間計算。

According to the finishing time of the last member.

\*冠軍獎杯具傳承性，獲得冠軍之隊伍可保留獎盃一年，直到下一屆比賽；累積三屆冠軍之隊伍，可獲頒發三星獎盃，以肯定其優秀表現。

ChallengeA floating trophy will be awarded and kept by the Champion Company for one year.

## 禮品包 ## Souvenirs Bag ##

			
「登山善行」紀念T恤一件 "Hike for Hospice" Tee	禮品及晶片號碼布 Souvenirs and Numbered Bib	電子證書 E-certificate	完成獎牌乙枚 Event Finisher Medal

## 大會將以快遞形式派發禮品包。 Souvenir bags will be delivered by courier.

## 交通、膳食及飲料 Transportation, Food and Drinks



### 免費穿梭巴士服務 \*\* Free Shuttle Bus

往返金鐘海富中心及活動場地  
(Admiralty) and the event site



### 輕食及飲料 Food and Drinks

於起點及部分檢查站提供輕食及飲料  
Provide refreshments and drinks  
at the starting point and specific  
checkpoints



### 咖喱午餐膳食 Curry Lunch

登山後可享傳統咖喱午餐  
Traditional curry lunch will  
be served after the Hike

\*\* 不提供泊車位。 No parking space will be arranged.

支票 Cheque

The Society for the Promotion  
of Hospice Care

轉數快 FPS

電郵搜尋 Account Email  
finance@hospicecare.org.hk

收集方式  
Collect Donation



**免費穿梭巴士服務  
Free Shuttle Bus**



往返金鐘海富中心及活動場地  
Runs between Admiralty Centre  
(Admiralty) and the event site

**選擇路線 Choose the Route:**

\* 只供個人或團體選擇 Only applied for Individual or Team

短途\*  
Short Route\*

**7km**

中長途  
Medium Route

**14km**

長途\*  
Long Route\*

**20km**

團隊名稱：

Team Name: \_\_\_\_\_

公司 / 機構 / 校友組織名稱 (如有)：

Corporate/ Alumni Association Name (If c

姓名 Name	性別 Gender	電話 Phone No.	電郵 Email
<b>參加者 1 Hiker 1 (個人或團隊隊長填寫 Individual or Team Leader)</b>			
中文 Chinese:	<input type="radio"/> 男 M		
英文 English:	<input type="radio"/> 女 F		
<b>參加者 2 Hiker 2</b>			
中文 Chinese:	<input type="radio"/> 男 M		
英文 English:	<input type="radio"/> 女 F		
<b>參加者 3 Hiker 3</b>			
中文 Chinese:	<input type="radio"/> 男 M		
英文 English:	<input type="radio"/> 女 F		
<b>參加者 4 Hiker 4</b>			
中文 Chinese:	<input type="radio"/> 男 M		
英文 English:	<input type="radio"/> 女 F		

**聲明 Declaration**

我 (我們) 確認並同意以下各項: 1) 報名表格及提供之文件均正確; 2) 已考慮及明白參與本活動之體能要求, 願意承擔相關風險及責任; 3) 遵守大會之規則、安排及決定; 另外, 我 (我們) 願意授權大會及傳媒使用所有相關的活動相片、影片、錄音 (如得獎感言等)。

I (we): 1) confirm that the information and documents provided are correct and true; 2) understand the physical requirement and risks of this event; 3) agree to comply with the rules and arrangements of the organiser, and authorise the organiser to use all related media including photos, video and audio recordings (acceptance speeches etc.)

我(我們) 已閱讀及同意以上條文(未滿18歲者需由家長/監護人確認)。

I (we) have read and agree to the above (if under 18 years old, declaration must be signed by parent / guardian).

我(我們) 不願意接收善寧會的資訊。

I (we) do not wish to receive communications from SPHC.

個人或團隊隊長簽署

Individual / Team Leader  
Signature

參加者 2 簽署  
Hiker 2 Signature

參加者 3 簽署  
Hiker 3 Signature

參加者 4 簽署  
Hiker 4 Signature

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



請圈出所需選項 Please circle the required options

組別 Category:

個人組  
Individual



團隊組  
Team



企業挑戰賽  
Corporate Challenge



校友會挑戰賽  
Alumni Challenge



any):

郵寄地址 Mailing Address	巴士服務 Bus Service	T 恤尺碼 Tee Size	緊急聯絡人名稱及電話 Emergency Contact Name & Tel No.
	<input type="radio"/> 需要 Yes <input type="radio"/> 不需要 No		姓名 Name: 電話 Tel:
	<input type="radio"/> 需要 Yes <input type="radio"/> 不需要 No		姓名 Name: 電話 Tel:
	<input type="radio"/> 需要 Yes <input type="radio"/> 不需要 No		姓名 Name: 電話 Tel:
	<input type="radio"/> 需要 Yes <input type="radio"/> 不需要 No		姓名 Name: 電話 Tel:

紀念 T 恤尺碼參考 Tee Size Chart

禮品包以快遞形式派發 Souvenir bags will be delivered by courier

尺碼 Size	XS	S	M	L	XL	XXL
胸闊 Chest (cm)	44	46	50	54	58	62
衣長 Length (cm)	60	62	66	70	74	78
身高 Height (cm)	150-160	161-166	167-172	173-178	179-185	186-190
體重 Weight (kg)	<50	50-60	60-70	70-80	80-90	90-95

大會不保證能提供所選擇之尺碼，尺碼分配視乎領取禮品包之先後次序及貨量而定，所有尺碼先到先得。  
Selected size not guaranteed and available on a first-come-first-served basis.





## 企業及校友會挑戰賽 Corporate & Alumni Challenge

「登山善行」踏入第三十一屆。有賴公眾一直以來的支持和參與，除「團隊」及「個人」組別外，亦設有「企業挑戰賽」及「校友會挑戰賽」的組別，參加的隊伍可以代表他所屬的公司或母校，在指定的 14 公里的登山路線上競逐一番，爭取殊榮。歡迎企業與校友組織踴躍參與，派出精英出戰，並邀請您的對手，一起接受挑戰，同時為善寧會籌款。

Hike for Hospice is entering its 31<sup>st</sup> year of successful fundraising for the Society for the Promotion of Hospice Care (SPHC). In addition to the regular "Team" and "Individual". There are also "Corporate Challenge", "Alumni Challenge" categories, participating teams can represent their companies or alma mater to race for honor while fostering teamwork with a good cause. We sincerely invite you to join us and challenge your stamina on our 14km trail and raise funds for SPHC.



詳情請瀏覽以下網頁 For details, please visit



企業挑戰賽  
Corporate  
Challenge



校友會挑戰賽  
Alumni Challenge

## 善款收集方式 Ways to Collect Donations

1

### 網上捐款 Online Donation



贊助人可透過參加者建立的籌款專頁進行捐款  
或 登山善行網站直接捐款

Sponsors can donate through the hiker's  
fundraising page OR donate directly  
through the website of "Hike for Hospice"



[hike.hospicecare.org.hk](http://hike.hospicecare.org.hk)

2

### 其他捐款方式 Other Ways to Donate



參加者可收集贊助人之善款(入數紙、網上交易  
截圖或支票)連同填妥之贊助表格寄回大會

Hikers can collect donations from sponsors  
(bank-in slip, image of payment  
confirmation/cheque) and return them  
to the organiser together with the  
completed sponsorship form

支票  
Cheque

善寧會  
The Society for the Promotion  
of Hospice Care

銀行轉賬  
Bank Transfer



280-3-451141

轉數快  
FPS



電郵搜尋 Account email :  
[finance@hospicecare.org.hk](mailto:finance@hospicecare.org.hk)

## 遞交方式 Submit By



(852) 9635 5001



(852) 2336 2776



[hike@hospicecare.org.hk](mailto:hike@hospicecare.org.hk)



信封註明 Subject  
登山善行 Hike for Hospice

☎ 2331 7000

📠 2336 2776

☎ 9635 5001

✉ [hike@hospicecare.org.hk](mailto:hike@hospicecare.org.hk)

🌐 [hike.hospicecare.org.hk](http://hike.hospicecare.org.hk)

如在本港投寄  
毋須貼上郵票

NO POSTAGE  
STAMP  
NECESSARY IF  
POSTED IN  
HONG KONG

如貼上郵票可為本會節省成本  
Your stamp will reduce our cost



善寧會

Society for the Promotion of Hospice Care



登山善行  
hike for  
hospice

香港沙田亞公角山路18號賽馬會善寧之家  
Jockey Club Home for Hospice  
No.18, A Kung Kok Shan Road, Shatin, H.K.  
**Freepost No. 85SCL**



回郵信封 Self-addressed Envelope



林邊生物多樣性自然教育中心  
WOODSIDE BIODIVERSITY  
EDUCATION CENTRE



- ▬ 短途 Short Route
- ▬ 中長途 Medium Route
- ▬ 長途 Long Route
- ▬▬▬▬ 前進方向 Route Side
- 涼亭 Pavilion
- 急救站 First Aid Point
- 檢查站 Check Point
- 無線電站 Radio Point
- 洗手間 Washroom
- 水站 Water Point
- 計時系統 Time Recording Sensor



**短途** 7km  
Short Route

難度: ★☆☆☆☆  
Difficulty:

**中長途** 14km  
Medium Route

難度: ★★★★★  
Difficulty:

**長途** 20km  
Long Route

難度: ★★★★★  
Difficulty:



## 參加者須知 Important Notes

### 規例及規則

1. 每名參加者只能選擇參與一個類別 (企業挑戰賽 / 校友會挑戰賽 / 團體 / 個人), 不得選擇多於一項。
2. 所有參加者必須確保報名表格上的資料正確無誤, 同時必須於「參加者聲明及保證」上簽署以示同意。
3. 主辦單位會定時透過電郵發放最新活動消息, 為避免錯失有關資料, 所有參加者須向大會提供正確的電郵地址。
4. 主辦單位有絕對酌情權決定是否接受報名以及參加者的排名。如有爭議, 以籌備委員會的裁決為準。
5. 登記報名後, 所有參加者如欲更改個人資料或參賽路線, 須於 2024 年 3 月 5 日 (星期五) 或之前電郵至善寧會。
6. 參加者於確認報名同時, 已接受及同意遵守在此時及其後為讓活動順暢所訂定之所有大會之條款及細則, 以及所有大會規例及規則。
7. 參加者須確保個人身體狀況適合參與是項活動。參加者於比賽前後身體狀況為何, 主辦單位概不負責。
8. 主辦單位保留於賽事前或期間, 因出現不能預料的路面情況或超出主辦單位控制能力的突發事故, 更改或調整任何賽事路線且不向參加者作另行通知的權利。
9. 團體及個人參加者之成績會於完賽後七日內透過活動網站公布, 並不會向個別參加者發出個別通知。主辦單位只會向活動之得獎者發送電郵通知, 並邀請得獎者出席頒獎典禮。
10. 活動因惡劣天氣或出現超出主辦單位控制能力的情況需要延期或取消所造成的損失, 主辦單位沒有責任及義務承擔。所有捐款均不獲退款。

### 得獎準則

1. 參加者如有偷步情況, 將被取消其「組別獎項」得獎資格。
2. 未有配戴號碼布, 或配戴號碼布但未有完成賽事之參加者, 將被取消其「組別獎項」得獎資格。
3. 團隊組別參加者如未能全體完成賽事, 將被取消其「組別獎項」團隊組別得獎資格。
4. 失去「組別獎項」得獎資格的參加者, 仍然有資格競逐「籌款獎項」。
5. 未能於 2024 年 4 月 30 日 (星期二) 或之前達到最低籌款額之團隊組別或個人組別參加者, 不會獲發任何獎項。

### Rules and Regulations

1. Each participant is eligible for entering one category at each Hike. Multiple enrolment is not allowed.
2. All individual or team entries must submit a correctly completed enrolment form and each hiker must agree to, and sign, the Disclaimer at the time of submission.
3. The Organiser will constantly provide update information about the event by email. All individual participants are required to provide a valid email address for on-going communication. Failure to do so may result in missing information dispatched by the Organiser.
4. The Organiser has absolute discretion over the acceptance of enrolments and the ranking of all participants. In case of disputes, judgment of the Organiser will take precedence.
5. After registration, all participants can make changes of team members and/or route by email to SPHC on or before Wednesday, 5th March 2024.
6. Upon submitting their entry, an applicant agrees to accept all Terms and Conditions and agree to the Rules and Regulations as stipulated and also to those that maybe later introduced by the Organiser to regulate the smooth running of the event.
7. Participants must ensure that they are physically fit to participate in the event. The Organiser takes no responsibility of participants' health condition before and after attending the event.
8. The Organiser reserves the right to change or alter any parts of the hiking routes before and during the race without prior notice to participants in the event of unexpected road conditions or emergency beyond the control of the Organiser.
9. Results of Net Time of individuals and teams will be announced within 7 days after the event on the event's website with no separate notifications given to individual participants. Nevertheless, awardees will receive notification of results and invitation to the Award Presentation Ceremony by email after all qualifications for awards are cleared.
10. Should the event be postponed or cancelled due to adverse weather conditions or circumstances beyond the control of the Organiser, the Organiser shall have no further responsibility and/or liability thereafter and all donations paid is not refundable.

### Qualifications for Awards

1. Participants who start their hike before the Gun Time (official start time) will be disqualified for the Category Awards.
2. Participants who do not wear a valid bib, or those who wear a bib but without a complete time check record will be disqualified for the Category Awards.
3. A team with less than 4 members completing the hike or anyone without a complete time check record, will be disqualified for the Team Award.
4. Participants who are disqualified for Category Awards are still qualify for Fundraising Awards.
5. Awards will only be given to teams or individuals who achieve the minimum fundraising requirement on or before Tuesday, 30th April 2024.

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Society for the Promotion of Hospice Care



# 31<sup>ST</sup> HIKE for HOSPICE

## 登山善行 綠已寧人

## Put Your Best Foot Forward

香港沙田亞公角山路18號 賽馬會善寧之家  
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