

To: All Eligible Users of University Health Service

Please note that the University Health Service, in collaboration with The Hong Kong Council on Smoking and Health (COSH), will organize a promotion booth and a talk for those interested in smoking cessation, titled “Unmask Tobacco, Embrace a Smoke-Free Future 2026.” On 29 May 2026, we will be hosting the booth and talk, open to all campus staff and students. The aims of this event are to:

- Enhance awareness of smoking cessation within the university community
- Provide information about smoking-related diseases and complications, as well as resources from smoking cessation organizations
- Encourage smokers to quit smoking

Please find the details of the Booth and the talk as follow:

Health Exhibition	
Topic	Unmask Tobacco, Embrace a Smoke-Free Future
Date	29 May 2026
Time	10:00 – 16:00
Venue	P2-P4 Chong Yuet Ming Building Counter Area (Next to Hong Kong Daily)
Remark	Limited Gifts available—first come, first served. While supplies last!

Health Talk	
Topic	The Secrets of Tobacco: Unveiling the Truth About Its Harm and Smoke Control
Speaker	Hong Kong Council on Smoking and Health (COSH)
Date	29 May 2026
Time	13:30 – 14:30
Language	Cantonese
Venue	In person: Chong Yuet Ming Physics Building, Main Campus LG1 – CYPP4 Online: Zoom
Registration Link	In person: https://hkuems1.hku.hk/hkuems/ec_hdetail.aspx?UEID=106802 Via Zoom: https://hku.zoom.us/meeting/register/Tn4Hn-mNTrqkOJXrH4twjw#/registration *Prior registration is required.



UNIVERSITY HEALTH SERVICE
THE UNIVERSITY OF HONG KONG
香港大學醫療保健處



HEALTH EXHIBITION 健康展覽

識破煙草誘惑 凝聚無煙力量

**UNMASK TOBACCO,
EMBRACE A SMOKE-FREE FUTURE**



29 May 2026 10:00 – 16:00



**P2-P4 Chong Yuet Ming Building Counter Area
(Next to Hong Kong Daily)
莊月明樓 P2-P4 櫃檯區 (香江冰室旁邊)**

**REGISTRATION
HERE:
(IN PERSON)**



HEALTH TALK 健康講座

煙草的秘密：揭開危害與控煙的真相

**THE SECRETS OF TOBACCO:
UNVEILING THE TRUTH ABOUT ITS HARM AND SMOKE CONTROL**



29 May 2026 13:30 – 14:30



Cantonese 粵語



**In person: Chong Yuet Ming Physics Building,
Main Campus LG1 – CYP4
香港大學莊月明物理樓LG1層CYP4**



Online: Zoom

(*Prior registration is required. *需要提前登記)



Free

**Limited Gifts available - first come, first served. While supplies last!
禮品數量有限，先到先得，換完即止!**

**REGISTRATION
HERE:
(ZOOM)**



For further details, please visit our website by clicking [here](#)

For enquiries, please contact us by email at uhshe@hku.hk or by phone at 3917 2514.

Thank you.

University Health Service

May, 2026