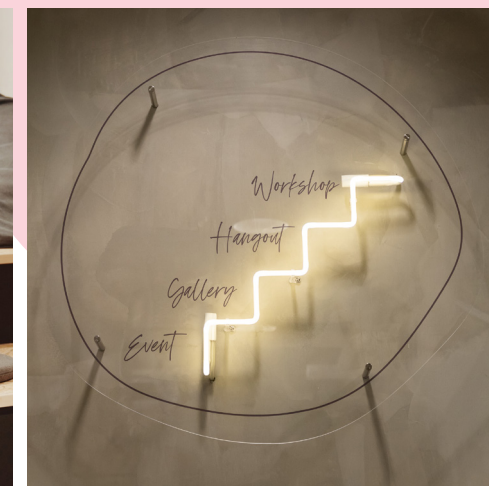


空間共享 連結社區

A Space for All

A Social Hub in the Community



HFT Life 明白，真正健康及快樂的人生，在身心靈各方面都要平衡。我們不僅推廣健康的飲食，悠閒的環境亦提供一個充電、慢下來的好去處。更重要的是，我們希望將空間與社區分享，讓您更喜歡在這裡與親朋共度美好時光。

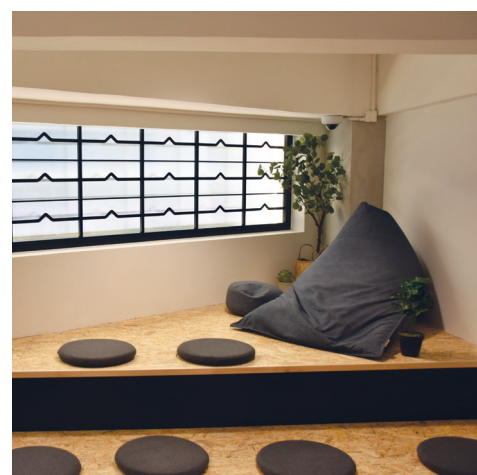
HFT Life 跑馬地分店的二樓位置，會由不同機構舉辦各類活動，涵蓋運動、文化、環保等關注身心靈健康的主题，推動社區參與，連繫社區內的成員，亦可豐富社區文化生活，促進人與人之間的互動。

It is our belief that psychological wellbeing and physical health are the keys to a healthy and fruitful life. We promote a healthy diet for physical wellbeing, while we also provide a relaxing environment for you to recharge your mind and body. More importantly, we share our space with the communities so you can spend quality time here with friends and families.

The upper floor at Happy Valley shop is suitable for hosting all kinds of events by different organisations covering themes such as sports, culture, green and sustainability. We hope to connect and motivate members of the communities to contribute to a more vibrant social life.

HFT Life 提供輕鬆交流的空間，創造人與人及與社區之間的更多可能性，提倡身心靈健康及人際關係的價值。讓我們攜手，令您的生活、以至我們的社區充滿更多發展空間。

HFT Life is a relaxing space where people communicate and explore possibilities in our community. Together we cultivate psychological and physical wellbeing for a more sustainable city.



跑馬地分店二樓的共享空間可容納約20人，設有基本會議設備，適合舉辦：

- 講座及分享會
- 小型工作坊及興趣班
- 團隊訓練及體驗

Our 2-storey shop at Happy Valley can accommodate about 20 people at the upper floor. It is equipped with basic meeting facilities, and is suitable for hosting various kinds of events:

- Talks and Sharing
- Small-scale workshops and classes
- Team building activities