For Immediate Release

***SummerFest’s* Day & Night Health Programmes**

***Expert Green Day* & *Let’s Get Sweat@Beat the Heat Fitness Night***

(Hong Kong, June 24, 2021) Two special wellness-themed events *Expert Green Day* and *Let’s Get Sweat@Beat the Heat Fitness Night* will be held in the second week of *SummerFest*, along with three all-time attractions *Monet Garden*, *SUMMOJI* and *Light/Shadow Maze*. **FREE admission for ALL activities**.

***Expert Green Day***

Organised by We Are NO Expert, a local green living platform, *Expert Green Day* will be held at *SummerFest* to promote the concept - “Healthy life attitude comes from conscious choice”. Chill out in a **sound therapy session,** or try out the lesser-known musical instrument **ocean drum**, which creates the sounds of waves with its drumhead and the metallic beads within. In a variety of dance workshops, dancers connect their bodies with the energy of wind, earth and ocean, fusing together ethnic elements and natural power. Adults and children will also enjoy at a series of handicraft workshops and green items stalls.

Date: July 3 (Saturday)

Time: 3pm – 9pm

Venue: Central Harbourfront Event Space

Entrance at Gate 3 (near Tamar Park)

***Let’s Get Sweat@Beat the Heat Fitness Night***

Inspired by the dynamics of quadrupeds, the **Animal Flow**, a new fitness mode, combines the scientific elements of weight training to enhance physical flexibility, muscle strength, endurance and explosive power, making the exercise process as fun as dancing. While the professional coaches lead the on-stage workout sessions, off-stage is also divided into different areas, where a variety of sports booths with different themes and characteristics are provided, so that everyone can experience all kinds of sports with a fun and positive energy on a Friday evening.

Date: July 9 (Friday)

Time: 5pm – 9pm

Venue: Central Harbourfront Event Space

Entrance at Gate 3 (near Tamar Park)

**Daily Programmes - *Monet Garden*, *SUMMOJI* & *Light/Shadow Maze***

Date: June 26 to August 6

Time: 3pm – 10pm

Venue: Central Harbourfront Event Space

Entrance at Gate 3 (near Tamar Park)

High-resolution images can be downloaded at: https://drive.google.com/drive/folders/1npvRg3ekiHNJ6jYgUJ0Ufj3eH37v8Va2?usp=sharing

For more information:

Facebook https://www.facebook.com/CentralHarbourfrontSummerFest/

Instagram https://instagram.com/summerfesthk/

Website https://www.summerfest-centralharbourfront.hk/

--END--

For media enquiries, please contact:

David Tel: 6626 5762 Email: david@mediamixlimited.com

Louis Tel: 9206 5768 Email: louis@mediamixlimited.com