

[Immediate Release]

ChampionREIT

冠君產業信託

Champion REIT Presents “Champion Your Wellness – Office Chair Yoga” Fosters Wellness and Mindfulness

(10 October 2018, Hong Kong) — **Champion Real Estate Investment Trust** (stock code: 2778), owner of Three Garden Road and Langham Place, with the support of PURE Fitness, has presented “Champion Your Wellness – Office Chair Yoga” event at Three Garden Road today (World Mental Health Day). With the guidance of professional yoga instructors, around 40 participants have learnt to practise chair yoga, enhancing mental well-being and positive thoughts.

Coinciding with World Mental Health Day on 10 October, Champion REIT picked Three Garden Road, right in the city’s central business district to organise the office chair yoga activity following by healthy food tasting. Taking place in an open area, the activity aimed to help participants reconnect with nature and relieve stress.

Ms. Ada Wong, Chief Executive Officer of Champion REIT, shared, “By initiating different types of wellness activities, we encourage our tenants to free their stress from work with simple methods and help them cultivate inner peace. As an industry leader, we are keen to promote wellness and healthy work environment.”

Champion REIT organizes various activities to foster mindfulness among tenants and stakeholders. Other initiatives include [Musica del Cuore](#) concert held every Friday at Three Garden Road, aiming to introduce classical music to a wider audience.

Photos:



*Champion REIT has presented “**Champion Your Wellness – Office Chair Yoga**” event with the support of PURE Fitness at Three Garden Road today*



*(Left to right) **Mr. Vince Ng, ex-Chief Sports Reporter and Announcer of TVB, Ms. Ada Wong, Chief Executive Officer of Champion REIT, Ms. Cristiane Ross, Director of Customer Experience, Pure Group and Ms. Maggie Lam, ex-Chief Sports Reporter and Announcer of iCable News Channel** together take part in the Office Chair Yoga activity*



(Left to right) **Ms. Amy Luk**, Investment and Investor Relations Director of Champion REIT, **Ms. Ada Wong**, Chief Executive Officer of Champion REIT and **Ms. Cristiane Ross**, Director of Customer Experience, Pure Group together with tenants learning Office Chair Yoga



Ms. Ada Wong, Chief Executive Officer of Champion REIT (first row, fourth from the right) and **Ms. Amy Luk**, Investment and Investor Relations Director of Champion REIT (first row, third from the left) together with tenants to support wellness and healthy work environment



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About Champion REIT (Stock Code: 2778)

Champion Real Estate Investment Trust is a trust formed to own and invest in income producing office and retail properties. The Trust focuses on Grade-A commercial properties in prime locations. It currently offers investors direct exposure to 2.93 million sq. ft. of prime office and retail properties by way of two landmark properties, Three Garden Road and Langham Place, one on each side of the Victoria Harbour.

Website: www.championreit.com

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