

「爸氣十足，放鬆有理！」 紓壓按摩活動

體貼偉大辛苦的男性同仁們，特於感恩的八月父親節辦理「紓壓按摩活動」，讓您在工作及生活忙碌與辛勞之餘，能夠身心靈「鬆」一下，以營造友善健康職場，提昇工作效能，邁向企業永續經營。

◎ 活動內容

- (1)聘請社團法人新竹縣視障福利協進會按摩師，提供每人 10分鐘的肩頸按摩服務，共計48員額。
- (2)服務對象：全體男性同仁，7/18預約員額未滿，餘額則於7/19開放女性同仁後續預約。
- (3)活動報名：即日起~7/18止，請點選以下連結或掃描QR Code
<https://docs.google.com/forms/d/17XesueFy4TiEJaYpuTI8vo8eCv-4Uj-BoWK2VZAY3rY/edit>
- (4) 活動日期：2025年8月4日，星期一，14:00~16:00。
- (5) 活動地點：四樓_餐廳(第三區)。
- (6) 活動場次：共計12場次。(每場次可同時服務4位同仁)



場次	第1場	第2場	第3場	第4場	第5場	第6場
時段	14:00 ~ 14:10	14:10 ~ 14:20	14:20 ~ 14:30	14:30 ~ 14:40	14:40 ~ 14:50	14:50 ~ 15:00
名額	4	4	4	4	4	4
場次	第7場	第8場	第9場	第10場	第11場	第12場
時段	15:00 ~ 15:10	15:10 ~ 15:20	15:20 ~ 15:30	15:30 ~ 15:40	15:40 ~ 15:50	15:50 ~ 16:00
名額	4	4	4	4	4	4

"Dad is full of energy, it's reasonable to relax!"

Stress relief massage activity

To be considerate of our great and hard-working male colleagues, we specially organize a "stress relief massage activity" on Father's Day in August, so that you can "relax" your body, mind and soul after the busyness and hard work of work and life, so as to create a friendly and healthy workplace. Improve work efficiency and move towards sustainable business operations.

● Activities

(1) It is planned to hire masseurs from the Hsinchu County Visually Impaired Welfare Association, a corporate legal person, and provide each 10-minute shoulder and neck massage service, total 48 positions.

(2) Service target: all male colleagues. If the reservation quota is not full on 7/18, the remaining balance will be Follow-up appointments for female colleagues will be open on 7/19.

(3) Event registration: **From now until 7/18**, please click on the link below or scan the QR Code



<https://docs.google.com/forms/d/1eydeAgSZxHaZlgHSxu8d79ufgRAoiQz60HWbPU-0z3Y/edit>

(4) Event date: **Mon, Aug 8, 2025, 14:00~16:00.**

(5) Activity location: Rest area on the third floor.

(6) Number of events: **12 events in total.** (Each session can serve 4 colleagues at the same time)

Session	Game 1	Game 2	Game 3	Game 4	Game 5	Game 6
Time	14:00 ~ 14:10	14:10 ~ 14:20	14:20 ~ 14:30	14:30 ~ 14:40	14:40 ~ 14:50	14:50 ~ 15:00
Quota	4	4	4	4	4	4
Session	Game 7	Game 8	Game 9	Game 10	Game 11	Game 12
Time	15:00 ~ 15:10	15:10 ~ 15:20	15:20 ~ 15:30	15:30 ~ 15:40	15:40 ~ 15:50	15:50 ~ 16:00
Quota	4	4	4	4	4	4