



調整站 Centre Address	開放時間 Opening Hours		站長 Centre Contact
士嘉堡銀星調整站 Scarborough Centre Midland/Silver Star NW corner - 西北角  銀星中心 Silverland Centre 3320 Midland Avenue, Unit 222 Scarborough, ON	星期一 Monday	10:30am - 12:30pm	csx.toronto1@gmail.com Sissy Choi 蔡麗斯師姐 416-801-6680
	星期二 Tuesday	10:30am - 12:30pm	csx.toronto2@gmail.com Victor Lau 劉師兄 289-648-5431
	星期三 Wednesday	10:30am - 12:30pm	csx.toronto3@gmail.com Agnes Yeung 楊師姐 647-298-6318
		7:00pm - 9:00pm	
	星期四 Thursday	10:30am - 12:30pm	csx.toronto4@gmail.com Billy Nip 聶師兄 416-571-6210
	星期五 Friday	10:30am - 12:30pm	csx.toronto5@gmail.com Selina Chan 陳師姐 416-828-2090
	星期六 Saturday	8:00am - 10:00am	<a href="mailto:csx.downtown6@gmail.com">csx.downtown6@gmail.com</a> Simon 楊師兄 647-893-3118
	星期六 Saturday	10:30am - 12:30pm	csx.toronto6@gmail.com Raymond Li 李師兄 647-889-9674
	星期日 Sunday	10:30am - 12:30pm	<a href="mailto:csx.downtown6@gmail.com">csx.downtown6@gmail.com</a> Simon 楊師兄 647-893-3118
星期日 Sunday	2:00pm - 4:00pm	csx.toronto7@gmail.com Paul Cheung 張師兄 (下午 PM) 647-947-2436 (請留言)	
寶芝林調整站 23 Milliken Blvd., Unit 23 Scarborough, ON M1V 5H7	星期五 Friday	9:30am - 11:30am	Ken 張師兄 416-321-1260
多倫多市中心調整站 Toronto Downtown 正覺寺地庫飯堂 Dundas 以南 300 Bathurst St Toronto (South of Dundas)	星期六 Saturday	3:00pm - 5:00pm	csx.downtown6@gmail.com Simon 楊師兄 647-893-3118

預約者請注意下頁尾端所列各事項

For appointment, please refer to the notes at end of next page.

萬錦市調整站 Markham Centre 50 McIntosh Dr Unit 237 Markham, ON L3R 9T3	星期二 Tuesday	7:00pm - 9:00pm	<a href="mailto:csx.markham2@gmail.com">csx.markham2@gmail.com</a> Raymond Lai 賴師兄 416-998-7006
	星期三 Wednesday	7:00pm - 9:00pm	<a href="mailto:csx.markham3@gmail.com">csx.markham3@gmail.com</a> Angelique Luk 陸師姐 289-818-9433
	星期五 早上 Friday morning	10:30am - 12:30pm	<a href="mailto:csx.markham5@gmail.com">csx.markham5@gmail.com</a> Eric Li 李師兄 647-448-4487
	星期五 晚上 Friday night	7:00pm - 9:00pm	<a href="mailto:csx.markham5n@gmail.com">csx.markham5n@gmail.com</a> Mimi Quan 管師姐 647-549-7006
	星期六 Saturday	10:30am - 12:30pm	<a href="mailto:csx.markham6@gmail.com">csx.markham6@gmail.com</a> Rosana Kwan 關師姐 289-818-7737
烈治文山調整站** Richmond Hill Centre** 50 McIntosh Dr Unit 237 Markham, ON L3R 9T3	星期六 Saturday	3:00pm - 5:00pm	<a href="mailto:longevitology.rh@gmail.com">longevitology.rh@gmail.com</a> Alan Wong 黃師兄 416-710-9328
<b>**Please note the location of Richmond Hill Centre 請注意 烈治文山調整站 地址</b>			
康山調整站 Thornhill Centre (Yonge/Glen Cameron Rd) Enhanced Care Clinic 7335 Yonge St Thornhill, ON	星期日 Sunday	7:30pm - 9:30pm	<a href="mailto:longevitology.th@gmail.com">longevitology.th@gmail.com</a> Joseph Cheng 鄭榮光師兄 647-982-9638
密西沙加調整站 Mississauga Centre (Spring Vitality Healing Centre) 3045 Southcreek Road Unit 53 Mississauga, ON L4X 2X7	星期日 Sunday	3:30pm - 5:30pm	<a href="mailto:csx.mississauga6@gmail.com">csx.mississauga6@gmail.com</a> Grace Ng Listkowski 吳師姐 416-887-2876
外展組 Out reach team	請預約日期、時間和地點 Please contact for date, time and place		<a href="mailto:csx.toronto1@gmail.com">csx.toronto1@gmail.com</a> Sissy Choi 蔡麗斯師姐 416-801-6680

**注意事項** Please note:

調整者必須提早預約及有介紹人。Appointments must be booked in advance. Referral is required.

調整預約，請聯絡當值站長。To book an appointment, please contact the respective personnel.

時間表可在網站查看/下載：[www.LongToronto.com](http://www.LongToronto.com)

The schedule is available at our website: [www.LongToronto.com](http://www.LongToronto.com)

其他事務，請聯絡多倫多長生學會電郵[Longevitology.Tor@gmail.com](mailto:Longevitology.Tor@gmail.com) 或會長黎師兄416-930-9128。

For all other enquiries, please contact [Longevitology.Tor@gmail.com](mailto:Longevitology.Tor@gmail.com) or Mr. Paul Lai at 416-930-9128.