



BREASTFEEDING WORKSHOP 母乳餵養講座

You are invited to NEMS' breastfeeding workshop. In this class, we will discuss the topics listed below:

東北醫療中心歡迎您參加我們的母乳餵養講座。講座主題包括：

Topics include:

- Introduction to human breast milk
- American Academy of Pediatrics Recommendation
- Why breastfeeding is important?
- Can I breastfeed my baby?

主題包括：

- 介紹人奶
- 美國兒科學會的建議
- 為甚麼母乳餵養是如此的重要？
- 我可以用人奶餵我的寶寶嗎？

Workshop Information 講座資料

Date / 日期: 7/19, 9/20/2017
Wednesday 星期三

Time / 時間: 12:00pm - 1:00pm 正午12時至下午1時

Language / 語言: Cantonese, Mandarin 粵及國語

Location / 地點: Chinatown Clinic 三藩市華埠診所

(1520 Stockton Street, San Francisco, CA 94133)

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).



**NORTH EAST
MEDICAL SERVICES**
東北醫療中心

Contact Health Education 聯絡健康諮詢部：

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