

FREE WORKSHOPS 免費健康課程

Attend 4 or more classes
and receive a gift!
參加 4 堂或以上，你會收到一份禮物!

Workshops will be in Cantonese
課程以粵語講解

Space is Limited – Register Now! 名額有限，請即致電報名!

Location 地點:
Pacific Clinic
華埠Pacific街診所
728 Pacific Ave.



Date/日期	Time/時間	Topics/題目
7/11 Tuesday 星期一	1:30pm-4pm 下午 1 時半至 4 時	Learn powerful self-management tool 學習強而有力的自我管理技巧
7/18 Tuesday 星期一	1:30pm-4pm 下午 1 時半至 4 時	How can physical activity & exercise help us? 健體活動或運動可如何幫助我們?
7/25 Tuesday 星期一	1:30pm-4pm 下午 1 時半至 4 時	Relaxation & pain management 學習鬆弛應付疲勞和痛楚
8/1 Tuesday 星期一	1:30pm-4pm 下午 1 時半至 4 時	Overview of good nutrition and eating better 何謂營養充足與健康飲食之道
8/8 Tuesday 星期一	1:30pm-4pm 下午 1 時半至 4 時	Dealing with depression 處理負面情緒
8/15 Tuesday 星期一	1:30pm-4pm 下午 1 時半至 4 時	Working more effectively with health care professional & Graduation Celebration! 與醫護人員更有效協作的技巧及慶祝畢業

To register or for questions, please call Health Education Dept. at (415) 391-9686 ext. 5843
報名或查詢請致電: 健康諮詢部 (415) 391-9686 ext. 5843

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
North East Medical Services disclaims any liability for the decisions you make based on this information.

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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). NEMS Health Ed.– Rev. 6/2017

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).