



SEPTEMBER
Fall Prevention
Awareness Month

九月
預防跌倒宣傳月

FALL PREVENTION WORKSHOPS

預防跌倒講座

Each year, 1 in 3 elderly adults ages 65 or older falls and 2 million are treated in emergency departments for fall-related injuries. There are many long-term health consequences of fall injuries but there are also many things we can do to prevent ourselves from falls. If you want to learn more about this topic, please attend the Fall Prevention Workshop at NEMS Health Education Department.

每年，每3個65歲以上的長者中就有1個跌倒，並約有二百萬人因為跌倒受傷而去急診室求助。跌倒受傷可以導致很多長期的健康問題，但同時我們也有很多方法可以幫助自己預防跌倒。如果了解更多關於這個題目，請參加東北醫療中心健康教育部的預防跌倒講座。

Topics include:

- Importance of Fall Prevention
- Health Consequences of Falls
- Things that can Cause Falls
- Fall Prevention Tips
- Make Your Home Safe

主題包括：

- 預防跌倒的重要性
- 由跌倒導致的健康問題
- 可能會導致跌倒的因素
- 預防跌倒的方法
- 讓您的家更安全

Workshop Information 講座資料

Date 日期: 9/5 - 9/28/2017
Every Tuesday & Thursday
逢星期二、四

Time 時間: 10:30am - 11:30am
上午10時半至11時半

Location 地點: Chinatown Clinic
三藩市華埠診所
(1520 Stockton St., S.F., CA 94133)

Language 語言: English, Cantonese,
Mandarin 英、粵及國語

Date 日期: 9/11 - 9/25/2017
Every Monday 逢星期一

Time 時間: 2:00pm - 3:00pm
下午2時至3時

Location 地點: Portola Enrollment
Center 三藩市波特羅區登記服務處
(2629 San Bruno Ave., S.F., CA 94134)

Language 語言: English, Cantonese
英、粵語

Date 日期: 9/5 - 9/26/2017
Every Tuesday 逢星期二

Time 時間: 11:00am - 12:00pm
上午11時至中午12時

Location 地點: Eastmoor Clinic
帝利市診所
(211 Eastmoor Ave., Daly City, CA 94015)

Language 語言: English, Cantonese,
Mandarin 英、粵及國語



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

Contact Health Education 聯絡健康諮詢部：
(415) 391-9686 ext. 轉內線 5843 | WWW.NEMS.ORG