



NORTH EAST
MEDICAL SERVICES
東北醫療中心

National Health Center Week 全國社區健康中心週

**Health Education Department Activities
健康教育部活動**

Activities 活動	8/14 MON 週一	8/15 TUE 週二	8/16 WED 週三	8/17 THU 週四	8/18 FRI 週五	8/19 SAT 週六
Less Sugar Sweeter Life 低糖飲食， 活得健康	1:00 - 3:00pm 2574 San Bruno Clinic 1 st Floor		9:00 - 11:00am 211 Eastmoor Clinic 1 st Floor		2:00 - 3:00pm 1520 Stockton Clinic 1 st Floor	
	3:30 - 4:30pm 82 Leland Clinic		2:00 - 3:30pm 1870 Lundy Clinic			
First Aid Tips 急救小貼士		1:00 - 2:00pm 1520 Stockton Clinic 1 st Floor				
Bright Healthy Smiles 燦爛微笑問答遊戲		3:30 - 4:30pm 1520 Stockton Clinic 4 th Floor				
Bye Bye Germs 打擊病菌遊戲	2:00 - 4:00pm 1520 Stockton Clinic 1 st Floor		9:30 - 11:30am 1520 Stockton Clinic 1 st Floor			
				9:00 - 10:00am 1450 Noriega Clinic		10:00 - 11:00am 1520 Stockton Clinic 1 st Floor
Don't Stress It 踢走壓力！				10:30 - 11:30am 2308 Taraval Clinic		
				10:30 - 11:00am 728 Pacific Clinic 2 nd Floor		
				1:30 - 2:30pm 1033 Clement Clinic		
Be Ready! Earthquakes 地震您準備好了嗎？						



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).

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).