

Healthy Eating



**NORTH EAST
MEDICAL SERVICES**
東北醫療中心
a california *health+* center

**The Latest News on Healthy Eating!
FREE Classes for everyone age 18+**

Space is Limited - Register Now!



To register or have questions, please call:
(415) 391-9686 ext. 5843

You will receive a gift if you attend all five
“Healthy Eating Classes”



1 What Is A Healthy Diet?

Date: 10/17/2018 Wednesday
Time: 11:00am - 12:30pm
Language: Cantonese
Location: Pacific Clinic
728 Pacific Ave., 2nd floor,
San Francisco, CA, 94133

2 Nutrient Lacking in Asian Diets

Date: 10/24/2018 Wednesday
Time: 11:00am - 12:30pm
Language: Cantonese
Location: Pacific Clinic
728 Pacific Ave., 2nd floor,
San Francisco, CA, 94133

3 Food Labels

Date: 10/31/2018 Wednesday
Time: 11:00am - 12:30pm
Language: Cantonese
Location: Pacific Clinic
728 Pacific Ave., 2nd floor,
San Francisco, CA, 94133

4 Sugar and Your Weight

Date: 11/07/2018 Wednesday
Time: 11:00am - 12:30pm
Language: Cantonese
Location: Pacific Clinic
728 Pacific Ave., 2nd floor,
San Francisco, CA, 94133

5 Grocery Store Tour

Date: 11/14/2018 Wednesday
Time: 11:00am - 12:30pm
Language: Cantonese
Location: Pacific Clinic
728 Pacific Ave., 2nd floor,
San Francisco, CA, 94133

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).

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