

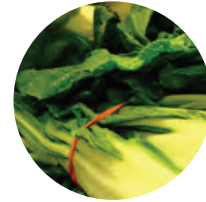
Healthy Eating



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

**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: 8/2/2017 Wednesday
Time: 10am - 11am
Language: Cantonese
Location: Pacific Clinic 2nd floor

2 Nutrient Lacking in Asian Diets

Date: 8/9/2017 Wednesday
Time: 10am - 11am
Language: Cantonese
Location: Pacific Clinic 2nd floor

3 Food Labels

Date: 8/23/2017 Wednesday
Time: 10am - 11am
Language: Cantonese
Location: Pacific Clinic 2nd floor

4 Sugar and Your Weight

Date: 8/30/2017 Wednesday
Time: 10am - 11am
Language: Cantonese
Location: Pacific Clinic 2nd floor

5 Grocery Store Tour

Date: 9/6/2017 Wednesday
Time: 10am - 11am
Language: Cantonese
Location: Pacific Clinic 2nd floor

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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