

**FEBRUARY**  
**American Heart Month**

二月  
美國心臟健康月

# HEART DISEASE PREVENTION & HOW TO SPOT A STROKE

## 心臟病的預防與關注腦中風講座

**Brief Description:** Heart disease is the leading cause of death for people in the United States. Knowing the warning signs and symptoms of heart disease and stroke can save people's lives. If you want to learn more about Heart Disease Prevention and Stroke, please attend NEMS Health Education Workshop.

**簡介:** 在美國，心臟病是頭號殺手。學會心臟病和腦中風的警告性症狀可以救人救己一命。如果你想要知道更多關於心臟病預防和腦中風的資料，請參加東北醫療中心健康教育部的講座。

### Topics 題目:

- Heart Disease Prevention  
心臟病的預防
- CPR  
心肺復蘇法
- What is Stroke?  
什麼是腦中風?
- Identify a Stroke  
及早發現腦中風

Detailed Information 詳細資料	Chinatown Clinic 三藩市華埠診所	Portola Enrollment Center 三藩市波特羅區登記服務處	Eastmoor Clinic 帝利市診所	1870 Lundy Clinic 聖荷西 1870 Lundy 診所
<b>Date 日期</b>	2/1 - 2/27/2018 Every Tue & Thu 逢星期二、四	2/5 - 2/26/2018 Every Monday 逢星期一	2/6 - 2/27/2018 Every Tuesday 逢星期二	2/2 - 2/23/2018 Every Friday 逢星期五
<b>Time 時間</b>	10:30am - 11:30am 上午 10 時半至 11 時半	2:00pm - 3:00pm 下午 2 時至 3 時	11:00am - 12:00pm 上午 11 時至中午 12 時	2:00pm - 3:00pm 下午 2 時至 3 時
<b>Location 地點</b>	1520 Stockton St. San Francisco, CA 94133	2629 San Bruno Ave. San Francisco, CA 94134	211 Eastmoor Ave. Daly City, CA 94015	1870 Lundy Ave. San Jose, CA 95131
<b>Language 語言</b>	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語

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**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).