

NEMS Quit Smoking Support Group

東北醫療中心 戒煙互助小組

When you smoke, it's not just your lungs that suffer. Chemicals from cigarettes do damage to almost every part of your body. It's never too late to stop smoking. NEMS Health Education Department provides smoking cessation counseling in various languages. The best way to stop smoking is to have support. Please join our Quit Smoking Support Group to learn about how to get started on your way to be smoke-free!

當您吸煙時，受到傷害的不只是您的肺部，香煙裡的毒素幾乎會損壞您身體的每一部份。現在開始戒煙永遠不算太晚。東北醫療中心健康教育部提供多種語言的戒煙服務。戒煙的最好方式就是獲得支持和幫助。請參加我們的戒煙互助小組，了解如何開始踏上戒煙之路！



Topics Include:

- Smoking & your Health
- Nicotine Addiction
- Techniques to Quit
- Medications

課題包括：

- 抽煙與您的健康
- 尼古丁上癮
- 戒煙的技巧
- 輔助藥物

Detailed Information 詳細資料	Chinatown Clinic 三藩市華埠診所	Portola Clinic 三藩市波特羅區診所	Eastmoor Clinic 帝利市診所	1870 Lundy Clinic 聖荷西 1870 Lundy 診所
Date 日期	3/10/2018 Saturday 週六	3/12/2018 Monday 週一	3/6/2018 Tuesday 週二	3/5/2018 Monday 週一
Time 時間 / Language 語言	1:00pm – 2:00pm 下午1時至2時 (Cantonese 粵語) 2:00pm – 3:00pm 下午2時至3時 (Mandarin 國語) 3:00pm – 4:00pm 下午3時至4時 (English 英語)			
Location 地點	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

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).