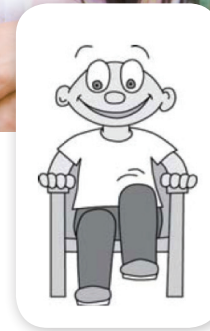
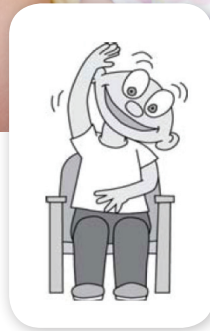




# Seat Exercises

## 座位運動



Seat exercise is a low-impact physical activity program that includes gentle movements suitable for people of all ages, mobility, ability, and fitness levels. Classes don't require deep bending or squatting, and may be done seated. This exercise class is one-hour per session, once a week. Join our exercise class and start your active life today!

座位運動是一個低強度的運動，所包含的溫和動作適合各年齡，各程度活動能力，和不同健康水平的人士。課程不需要彎腰或蹲下，並且可以坐著做。這個運動每節1小時，每週一次。今天參加我們的運動班，開始您積極的生活！

### Benefits 益處：

- Increase range-of-motion, strength & flexibility  
增加活動範圍、強度、和關節靈活性
- Relieve stress and anxiety  
緩解壓力和焦慮
- Improve sense of well being  
提升舒適愉快感
- Increase feeling of connection, less isolation  
提高人與人之間的聯繫，減少隔離
- More energy  
更有活力

### Detailed Information 詳細資料

**Start Date 開始日期:** 8/3-8/31/2017 Every Thursday 逢星期四

9/5-10/24/2017 Every Tuesday 逢星期二

**Time 時間:** 9:30-10:30AM 上午9:30至10:30

**Location 地點:** Pacific Clinic 華埠柏思域診所 728 Pacific Ave., San Francisco, CA 94133

**Fee 費用:** Free 免費

**Instructor 導師:** Judy Wang

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).



Contact Health Education 聯絡健康諮詢部：  
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