



JANUARY is Thyroid Awareness Month

一月是甲狀腺健康宣傳月

Thyroid disease affects approximately 200 million people worldwide, and if left undiagnosed and untreated it can cause conditions such as tremors, depression, muscle weakness and constant fatigue. If you want to learn more about Thyroid disease and Health, please attend NEMS Health Education Workshop.

甲狀腺疾病影響著全球約兩億人。如果得不到確診以及適當的治療，可能會導致身體顫抖、抑鬱、肌肉衰弱、以及疲乏症。如果您想了解更多關於甲狀腺疾病和健康的知識，請參加東北醫療中心健康教育部的講座。

Topics Include 課題包括：

- What is the Thyroid Gland? 什麼是甲狀腺？
- What are some Thyroid problems? 什麼是甲狀腺問題？
- Symptoms 症狀
- Who is at risk? 風險因素
- Treatments 治療

Detailed Information 詳細資料

Date 日期: 1/3 - 1/26/2017
Every Tuesday & Thursday
逢星期二、四

Time 時間: 10:30am - 11:30am
上午10時半至11時半

Location 地點: Chinatown Clinic
三藩市華埠診所
(1520 Stockton St.,
S.F., CA 94133)

Language 語言: English, Cantonese,
Mandarin 英、粵及國語

Date 日期: 1/9 - 1/30/2017
Every Monday 逢星期一

Time 時間: 2:00pm - 3:00pm
下午2時至3時

Location 地點: Portola Clinic
三藩市波特羅區診所
(2629 San Bruno Ave.,
S.F., CA 94134)

Language 語言: English, Cantonese
英、粵語

Date 日期: 1/3 - 1/31/2017
Every Tuesday 逢星期二

Time 時間: 11:00am - 12:00pm
上午11時至中午12時

Location 地點: Eastmoor Clinic
帝利市診所
(211 Eastmoor Ave.,
Daly City, CA 94015)

Language 語言: English, Cantonese,
Mandarin 英、粵及國語

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).