

Pacific Clinic Health Ed Activity Calendar

華埠柏思域診所健康教育部活動日曆

FREE ACTIVITIES
免費活動

4th Quarter 2018
二零一八年 第四季

Exercise Programs, Educational Workshops and Recreational Activities for Better Health & Better Living

運動計劃、健康講座和康樂活動：改善健康、改善生活

Monday 週一	Tuesday 週二	Wednesday 週三	Friday 週五
<p>Fun & Fit Exercise 更FUN更FIT運動</p> <p>Time 時間: 9:30am-10:30am 上午9時半至10時半</p> <p>Language 語言: Cantonese, Mandarin 粵及國語</p>	<p>Seat Exercise 座位運動</p> <p>Time 時間: 9:30am-10:30am 上午9時半至10時半</p> <p>Language 語言: Cantonese, Mandarin 粵及國語</p>	<p>Aerobic Exercise 帶氧運動</p> <p>Time 時間: 9:30am-10:30am 上午9時半至10時半</p> <p>Language 語言: Cantonese, Mandarin 粵及國語</p>	<p>Aerobic Exercise 帶氧運動</p> <p>Time 時間: 9:30am-10:30am 上午9時半至10時半</p> <p>Language 語言: Cantonese, Mandarin 粵及國語</p>
<p>Tai Chi Class 太極班</p> <ul style="list-style-type: none"> • Basic Class 初級班: 10/29-12/4 <p>Time 時間: 11:00am-12:00pm 上午11時至正午12時</p> <p>Language 語言: English, Cantonese 英及粵語</p>	<p>Tai Chi Class 太極班</p> <ul style="list-style-type: none"> • Basic Class 初級班: 10/29-12/4 <p>Time 時間: 11:00am-12:00pm 上午11時至正午12時</p> <p>Language 語言: English, Cantonese 英及粵語</p>	<p>Healthy Eating Workshop 健康飲食講座</p> <p>Date 日期: 10/17-11/14</p> <p>Time 時間: 11:00am-12:30pm 上午11時至正午12時半</p> <p>Language 語言: Cantonese 粵語</p>	<p>Diabetes Empowerment Education Program 齊來控制糖尿病</p> <p>Date 日期: 10/12-11/16</p> <p>Time 時間: 1:30pm-3:30pm 下午1時半至3時半</p> <p>Language 語言: Cantonese 粵語</p>
<p>Recreational Activities 康樂活動</p> <p>Time 時間: 2:00pm-4:30pm 下午2時至4時半</p> <p>Language 語言: English, Cantonese, Mandarin 英、粵語及國語</p>	<p>Healthy Aging Spine Workshops 脊椎健康講座</p> <p>Date 日期: 10/23, 11/27</p> <p>Time 時間: 1:00pm-2:00pm 下午1時至2時</p> <p>Language 語言: Cantonese 粵語</p>	<p>Cooking Class 烹飪班</p> <p>Date 日期: 10/31-12/12</p> <p>Time 時間: 2:00pm-4:00pm 下午2時至4時</p> <p>Language 語言: Cantonese 粵語</p>	

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).