

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

1st Quarter 2019
二零一九年 第一季

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>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 Eating Workshop 健康飲食講座</p> <p>Date 日期: 1/8 -1/29</p> <p>Time 時間: 11:00am-12:00pm 上午11時至正午12時</p> <p>Language 語言: Cantonese 粵語</p>	<p>Cooking Class 烹飪班</p> <p>Date 日期: TBD Wednesday 週三</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>	<p>Chronic Disease Self-Management Program 實踐健康生活課程</p> <p>Date 日期: 2/1 - 3/8 Every Friday 逢週五</p> <p>Time 時間: 1:30pm-4:00pm 下午1時半至4時</p> <p>Language 語言: Cantonese 粵語</p>
	<p>Healthy Aging Spine Workshops 脊椎健康講座</p> <p>Date 日期: TBD</p> <p>Time 時間: TBD</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).