

Healthy Eating



**NORTH EAST
MEDICAL SERVICES**
東北醫療中心
a california *health+* center

**The Latest News on Healthy Eating!
FREE Classes for members age 18+**

Space is Limited - Register Now!



To register or have questions, please call:
(408) 573-9686 ext. 8711

You will receive a gift if you attend all four
“Healthy Eating Classes”

1 What Is A Healthy Diet?

Date: 7/8/2019 Monday
Time: 10:00am - 11:00am
Language: Mandarin
Location: Health Promotion Room
1870 Lundy Ave,
San Jose, CA 95131

2 Nutrient Lacking in Asian Diets

Date: 7/15/2019 Monday
Time: 10:00am - 11:00am
Language: Mandarin
Location: Health Promotion Room
1870 Lundy Ave,
San Jose, CA 95131

3 Food Labels

Date: 7/22/2019 Monday
Time: 10:00am - 11:00am
Language: Mandarin
Location: Health Promotion Room
1870 Lundy Ave,
San Jose, CA 95131

4 Sugar and Your Weight

Date: 7/29/2019 Monday
Time: 10:00am - 11:00am
Language: Mandarin
Location: Health Promotion Room
1870 Lundy Ave,
San Jose, CA 95131



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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).

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