

# 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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