



NOVEMBER is American Diabetes Month

十一月 是美國糖尿病月

Diabetes can cause blindness, nerve damage, kidney disease, etc. People can lower their risk for diabetes by more than half if they have a balanced diet, get regular physical activity, and stay at a healthy weight. If you want to learn more about the diabetes, please attend NEMS Health Education Workshop.

糖尿病會引起失明、神經損傷、腎臟疾病等。如果能有均衡健康的飲食、定期進行體能運動、和保持適當的體重，患糖尿病的危險至少能減低一半。如果您想要了解更多關於糖尿病的資料，請參加東北醫療中心健康教育部舉辦的課程。

Topics Include 課題包括：

- **How to prevent diabetes?** 預防糖尿病
- **What is diabetes?** 什麼是糖尿病？
- **Diabetes and food** 糖尿病食物
- **Protecting your eyes and feet** 保護眼睛和腳部

Detailed Information 詳細資料	Chinatown Clinic 三藩市華埠診所	Portola Clinic 三藩市波特羅區診所	Eastmoor Clinic 帝利市診所	1870 Lundy Clinic 聖荷西 1870 Lundy 診所
Date 日期	11/5 - 11/28/2019 Every Tue & Thu 逢星期二、四	11/4 - 11/25/2019 Every Mon 逢星期一	11/5 - 11/26/2019 Every Tue 逢星期二	11/1 - 11/29/2019 Every Friday 逢星期五
Time 時間	10:30am – 11:30am 上午 10 時半 至 11 時半	2:00pm – 3:00pm 下午 2 時 至 3 時	11:00am – 12:00pm 上午 11 時 至 中午 12 時	2:00pm – 3:00pm 下午 2 時 至 3 時
Location 地點	1520 Stockton St. San Francisco, CA 94133	2629 San Bruno Ave. San Francisco, CA 94134	211 Eastmoor Ave. Daly City, CA 94015	1870 Lundy Ave. San Jose, CA 95131
Language 語言	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語	English, Mandarin 英及國語



Contact Health Education 聯絡健康諮詢部：
(415) 391-9686 ext. 轉內線 5843 | WWW.NEMS.ORG

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).

NEMS - Rev. 09/2019