

# 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:  
**(415) 391-9686 ext. 5843**

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



## 1 What Is A Healthy Diet?

**Date:** 11/7/2019 Thursday  
**Time:** 11:00am - 12:00pm  
**Language:** Cantonese  
**Location:** CCSF Chinatown Center  
Room 603, 808 Kearny St.,  
San Francisco, CA 94108

## 2 Nutrient Lacking in Asian Diets

**Date:** 11/14/2019 Thursday  
**Time:** 11:00am - 12:00pm  
**Language:** Cantonese  
**Location:** CCSF Chinatown Center  
Room 603, 808 Kearny St.,  
San Francisco, CA 94108

## 3 Food Labels

**Date:** 11/21/2019 Thursday  
**Time:** 11:00am - 12:00pm  
**Language:** Cantonese  
**Location:** CCSF Chinatown Center  
Room 603, 808 Kearny St.,  
San Francisco, CA 94108

## 4 Sugar and Your Weight

**Date:** 12/5/2019 Thursday  
**Time:** 11:00am - 12:00pm  
**Language:** Cantonese  
**Location:** CCSF Chinatown Center  
Room 603, 808 Kearny St.,  
San Francisco, CA 94108

## 5 Grocery Store Tour

**Date:** 12/12/2019 Thursday  
**Time:** 11:00am - 12:00pm  
**Language:** Cantonese  
**Location:** Safeway  
350 Bay St.  
San Francisco, CA 94133

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).

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