

# December is Smoking and Health Awareness Month

## 十二月是 吸煙與健康 關注月

When you smoke, it's not just your lungs that suffer. Chemicals from cigarettes do damage to almost every part of your body. It's never too late to stop smoking. NEMS Health Education Department provides smoking cessation counseling in various languages. The best way to stop smoking is to have support. Please join our Quit Smoking Support Group to learn about how to get started on your way to be smoke-free!

當您吸煙時，受到傷害的不只是您的肺部，香煙裡的毒素幾乎會損壞您身體的每一部分。現在開始戒煙永遠不算太晚。東北醫療中心健康教育部提供多種語言的戒煙服務。戒煙的最好方式就是獲得支持和幫助。請參加我們的戒煙互助小組，瞭解如何開始踏上戒煙之路！



### Topics Include:

- Smoking & your Health
- Nicotine Addiction
- Techniques to Quit
- Medications

### 課題包括：

- 抽煙與您的健康
- 尼古丁上癮
- 戒煙的技巧
- 輔助藥物

Detailed Information 詳細資料	Chinatown Clinic 三藩市華埠診所	Portola Enrollment Center 三藩市波特羅區登記處	Eastmoor Clinic 帝利市診所	1870 Lundy Clinic 聖荷西1870 Lundy診所
<b>Date 日期</b>	12/3 - 12/31/2019 Every Tue & Thu 逢星期二、四	12/2 - 12/30/2019 Every Monday 逢星期一	12/3 - 12/31/2019 Every Tuesday 逢星期二	12/6 - 12/27/2019 Every Friday 逢星期五
<b>Time 時間</b>	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
<b>Location 地點</b>	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
<b>Language 語言</b>	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



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

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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).