



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

FREE WORKSHOPS
免費健康課程

Attend 6 classes and receive a gift!
參加6堂課，您會收到一份禮物!

* **Workshops will be in Cantonese**
課程以粵語講解

Space is Limited - Register Now!
名額有限，請即致電報名!

Location
地點:

369 Broadway,
San Francisco, CA 94133
三藩市華埠百老匯街 369 號



Date 日期	Time 時間	Topic 題目
2/10 Thursday 星期四	1:00pm - 3:30pm 下午 1 時半至 3 時半	Learn powerful self-management tool 學習強而有力的自我管理技巧
2/17 Thursday 星期四	1:00pm - 3:30pm 下午 1 時半至 3 時半	How can physical activity & exercise help us? 健體活動或運動可如何幫助我們?
2/24 Thursday 星期四	1:00pm - 3:30pm 下午 1 時半至 3 時半	Relaxation & pain management 學習鬆弛應付疲勞和痛楚
3/3 Thursday 星期四	1:00pm - 3:30pm 下午 1 時半至 3 時半	Overview of good nutrition and eating better 何謂營養充足與健康飲食之道
3/10 Thursday 星期四	1:00pm - 3:30pm 下午 1 時半至 3 時半	Dealing with depression 處理負面情緒
3/17 Thursday 星期四	1:00pm - 3:30pm 下午 1 時半至 3 時半	Working more effectively with health care professional & Graduation Celebration! 與醫護人員更有效協作的技巧及慶祝畢業

To register or for questions, please call Health Education Dept. at (415) 391-9686 ext. 5843
報名或查詢請致電： 健康諮詢部 (415) 391-9686 ext. 5843

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
North East Medical Services disclaims any liability for the decisions you make based on this information.