

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 everyone 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: 04/11/2018 Wednesday
Time: 1:30pm - 3:00pm
Language: Cantonese
Location: Pacific Clinic 728
Pacific Ave., 2nd floor, San
Francisco, CA, 94133

2 Nutrient Lacking in Asian Diets

Date: 04/18/2018 Wednesday
Time: 1:30pm - 3:00pm
Language: Cantonese
Location: Pacific Clinic 728
Pacific Ave., 2nd floor, San
Francisco, CA, 94133

3 Food Labels

Date: 04/25/2018 Wednesday
Time: 1:30pm - 3:00pm
Language: Cantonese
Location: Pacific Clinic 728
Pacific Ave., 2nd floor, San
Francisco, CA, 94133

4 Sugar and Your Weight

Date: 05/02/2018 Wednesday
Time: 1:30pm - 3:00pm
Language: Cantonese
Location: Pacific Clinic 728
Pacific Ave., 2nd floor, San
Francisco, CA, 94133

5 Grocery Store Tour

Date: 05/09/2018 Wednesday
Time: 1:30pm - 3:00pm
Language: Cantonese
Location: Pacific Clinic 728
Pacific Ave., 2nd floor, 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：如果您使用繁體中文，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. 2/2018

健康飲食

隆重推介：健康飲食的最新資訊！
免費健康課程，歡迎**18歲**以上人仕參加

名額有限，請即致電報名！



報名或查詢請致電：

(415) 391-9686 轉內線 **5843**

如果您參加全部五堂「健康飲食」課程，
您會得到一份小禮品！



1 什麼是健康飲食？

日期：2018年4月11日 (週三)

時間：下午1時半至下午3時

課程語言：粵語

課程地點：華埠柏思域診所二樓

728 Pacific Ave., 2nd floor,

San Francisco, CA, 94133

2 亞裔飲食中缺乏的營養素

日期：2018年4月18日 (週三)

時間：下午1時半至下午3時

課程語言：粵語

課程地點：華埠柏思域診所二樓

728 Pacific Ave., 2nd floor,

San Francisco, CA, 94133

3 營養標籤

日期：2018年4月25日 (週三)

時間：下午1時半至下午3時

課程語言：粵語

課程地點：華埠柏思域診所二樓

728 Pacific Ave., 2nd floor,

San Francisco, CA, 94133

4 糖份和您的體重

日期：2018年5月2日 (週三)

時間：下午1時半至下午3時

課程語言：粵語

課程地點：華埠柏思域診所二樓

728 Pacific Ave., 2nd floor,

San Francisco, CA, 94133

5 超級市場參觀

日期：2018年5月9日 (週三)

時間：下午1時半至下午3時

課程語言：粵語

課程地點：華埠柏思域診所二樓

728 Pacific Ave., 2nd floor,

San Francisco, CA, 94133