

# 健康飲食



**NORTH EAST  
MEDICAL SERVICES**  
東北醫療中心  
a california *health+* center

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：2019年4月10日（週三）

時間：下午2時至下午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：2019年4月17日（週三）

時間：下午2時至下午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：2019年4月24日（週三）

時間：下午2時至下午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：2019年5月1日（週三）

時間：下午2時至下午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：2019年5月8日（週三）

時間：下午2時至下午3時

課程語言：粵語

課程地點：Safeway  
350 Bay St.  
San Francisco, CA 94133

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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).

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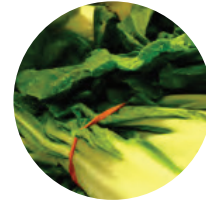
# Healthy Eating



**NORTH EAST  
MEDICAL SERVICES**  
東北醫療中心  
a californiah<sup>+</sup>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:** 4/10/2019 Wednesday  
**Time:** 2:00pm - 3:00pm  
**Language:** Cantonese  
**Location:** Pacific Clinic  
728 Pacific Ave., 2nd floor,  
San Francisco, CA 94133

## 2 Nutrient Lacking in Asian Diets

**Date:** 4/17/2019 Wednesday  
**Time:** 2:00pm - 3:00pm  
**Language:** Cantonese  
**Location:** Pacific Clinic  
728 Pacific Ave., 2nd floor,  
San Francisco, CA 94133

## 3 Food Labels

**Date:** 8/23/2017 Wednesday  
**Time:** 2:00pm - 3:00pm  
**Language:** Cantonese  
**Location:** Pacific Clinic  
728 Pacific Ave., 2nd floor,  
San Francisco, CA 94133

## 4 Sugar and Your Weight

**Date:** 8/30/2017 Wednesday  
**Time:** 2:00pm - 3:00pm  
**Language:** Cantonese  
**Location:** Pacific Clinic  
728 Pacific Ave., 2nd floor,  
San Francisco, CA 94133

## 5 Grocery Store Tour

**Date:** 9/6/2017 Wednesday  
**Time:** 2:00pm - 3:00pm  
**Language:** Cantonese  
**Location:** Safeway  
350 Bay St.  
San Francisco, CA 94133

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