

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

Workshops will be conducted in Cantonese for FREE
免費粵語課程

Large amount of clinic research approved: it can improve physical & psychosocial health, as well as life quality with chronic illnesses.

大量臨床研究證明：課程顯著提高身心健康，
 和慢性疾病下的生活質量。

Developed by Stanford University Patient Education Center
 由史丹福大學健康教育中心研發



Location 地點:

1520 Stockton Clinic
 三藩市華埠Stockton街診所
 健康教育部

Date 日期	Time 時間	Topic 題目
2/16 Thursday 星期四	9:30am - 12:00pm 上午 9 時半至正午 12 時	Learn powerful self-management tool 學習強而有力的自我管理技巧
2/23 Thursday 星期四	9:30am - 12:00pm 上午 9 時半至正午 12 時	How can physical activity & exercise help us? 健體活動或運動可如何幫助我們?
3/2 Thursday 星期四	9:30am - 12:00pm 上午 9 時半至正午 12 時	Relaxation & pain management 學習鬆弛應付疲勞和痛楚
3/9 Thursday 星期四	9:30am - 12:00pm 上午 9 時半至正午 12 時	Overview of good nutrition and eating better 何謂營養充足與健康飲食之道
3/16 Thursday 星期四	9:30am - 12:00pm 上午 9 時半至正午 12 時	Dealing with depression 處理負面情緒
3/23 Thursday 星期四	9:30am - 12:00pm 上午 9 時半至正午 12 時	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 轉內線 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.