



Health Education ACTIVITY SCHEDULE 健康教育課程表

4th Quarter 2023 • 二零二三年第四季



Blood Pressure Booth 血壓站

1520 Stockton Clinic 華埠Stockton街診所

Date 日期: Every Tuesday & Friday 逢週二及週五
Time 時間: 8:00am-12:00pm & 1:00pm-5:00pm
 上午8時至正午12時及下午1時至5時
Language 語言: English, Cantonese and Mandarin
 英、粵及國語

1870 Lundy Clinic 聖荷西Lundy街診所

Date 日期: Every Friday 逢週五
Time 時間: 8:00am - 12:00pm & 1:00pm-5:00pm
 上午8時至正午12時及下午1時至5時
Language 語言: English and Mandarin
 英及國語

HEAL Program 康活計劃

HEAL INDIVIDUAL COUNSELING 康活計劃個人輔導

1520 Stockton Clinic 華埠Stockton街診所

Date 日期: Every Monday - Friday 逢週一至週五
Time 時間: 8:00am - 5:30pm 上午8時至下午5時30分
Date 日期: Every Saturday 逢週六
Time 時間: 8:00am - 12:00pm and 1:00pm - 5:00pm
 上午8時至正午12時及下午1時至5時

1870 Lundy Clinic 聖荷西Lundy街診所

Date 日期: Every Tuesday - Saturday 逢週二至週六
Time 時間: 8:00am - 12:00pm and 1:00pm - 5:00pm
 上午8時至正午12時及下午1時至5時

Appointment only. (需要預約)

All other sites are by appointment only. Support Group and counseling are English, Cantonese and Mandarin. 其他診所請事先預約。所有輔導以英、粵及國語進行。

Smoking Cessation Program 戒煙計劃

QUIT SMOKING SUPPORT GROUP 戒煙小組輔導

QUIT SMOKING INDIVIDUAL COUNSELING 戒煙個人輔導

Appointment only. (需要預約)
 All other sites are by appointment only.
 Support Group and counseling are English, Cantonese and Mandarin.
 其他診所請事先預約。
 所有輔導以英、粵及國語進行。



1520 Stockton Clinic 華埠Stockton街診所

Date 日期: Every Monday - Friday 逢週一至週五
Time 時間: 8:00am - 5:30pm 上午8時至下午5時30分
Date 日期: Every Saturday 逢週六
Time 時間: 8:00am - 12:00pm & 1:00pm - 5:00pm
 上午8時至正午12時及下午1時至5時

1870 Lundy Clinic 聖荷西Lundy街診所

Date 日期: Every Tuesday - Saturday 逢週二至週六
Time 時間: 8:00am - 12:00pm & 1:00pm - 5:00pm
 上午8時至正午12時及下午1時至5時

Tech Solutions Workshops 技術解答講座

▶ DOXIMITY 視頻會議平台

📍 1520 Stockton Clinic 華埠Stockton街診所

Date 日期: Every Monday 逢週一

Time 時間: 2:00pm - 3:00pm 下午2時至3時

Language 語言: English, Cantonese and Mandarin 英、粵及國語

Special Workshops & Activities 特別講座及活動

▶ COOKING DEMO CLASS 健康烹飪示範班

📍 369 Broadway, SF 三藩市百老匯街 369號(余河小學對面)

Date 日期: 10/25 - 11/25 Every Wednesday 逢週三

Time 時間: 1:30pm - 3:30pm 下午1時30分至3時30分

Language 語言: Cantonese 粵語

▶ DRUG SAFETY WORKSHOPS 安全藥物講座

📍 1520 Stockton Clinic 華埠Stockton街診所

Date 日期: Every Wednesday 逢週三

Time 時間: 2:00pm - 3:00pm 下午2時至3時

Language 語言: Cantonese 粵語

📍 1870 Lundy Clinic 聖荷西Lundy街診所

Date 日期: Every Saturday 逢週六

Time 時間: 2:00pm - 3:00pm 下午2時至3時

Language 語言: English and Mandarin 英及國語

Exercise Workshops 運動班計劃

▶ AEROBIC EXERCISE 帶氧運動

📍 728 Pacific Ave., Room 119 華埠Pacific街728號119室

Date 日期: 11/8 - 12/27

Every Wednesday and Friday
逢週三及週五

Time 時間: 9:30am - 10:30am

上午9時30分至10時30分

Language 語言: Cantonese 粵語

▶ TAI CHI INTERMEDIATE: FOR ARTHRITIS & FALL PREVENTION 太極中級班: 關節炎和預防跌倒

📍 1870 Lundy Clinic 聖荷西Lundy街診所

Date 日期: TBD 待定 Every Friday and Saturday
逢週五及週六

Time 時間: 10am - 11am

上午10時至11時

Language 語言: Mandarin 國語

▶ SENIOR BINGO & PHYSICAL ACTIVITY 賓果遊戲及體能活動

📍 1520 Stockton Clinic 華埠Stockton街診所

Date 日期: 8/26 - 10/28 及 11/4/23 - 1/6/24

Every Saturday 逢週六

Language 語言: Cantonese 粵語



Thematic Workshops 每月主題講座

OCTOBER 十月: National Breast Cancer Awareness 全國乳癌關注月

NOVEMBER 十一月: American Diabetes 美國糖尿病月

DECEMBER 十二月: National Handwashing Awareness 全國洗手宣傳月

1520 Stockton Clinic
華埠Stockton街診所

Date 日期: Every Tuesday & Thursday 逢週二、四

Time 時間: 10:30am - 11:30am 上午10時30分至11時30分

Language 語言: English, Cantonese and Mandarin 英、粵及國語

1870 Lundy Clinic
聖荷西Lundy街診所

Date 日期: Every Wednesday 逢週三

Time 時間: 2:00pm - 3:00pm 下午2時至3時

Language 語言: English and Mandarin 英及國語