



June is Alzheimer's and Brain Awareness Month

六月是關注阿茲海默症及腦部健康宣傳月

Brief Description: Alzheimer's Disease is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks. Currently, Alzheimer's treatments can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. If you want to learn more about Alzheimer's disease, please attend our Alzheimer's and Brain Awareness Workshop at NEMS Health Education Department.

簡介: 阿茲海默症是一種會引起記憶、思維和行為問題的癡呆症。症狀通常發展緩慢，並且，隨著時間的推移會變得更加糟糕，甚至會變得嚴重到影響日常工作。目前，阿茲海默症的治療可以暫時減緩癡呆症的惡化，同時可以改善阿茲海默症患者及其護理人員的生活質量。如果您想了解更多關於阿茲海默症的信息，請參加我們在東北醫療中心健康教育部的關注阿茲海默症及腦部健康講座。

Topics 題目：

- What is Alzheimer's Disease? 什麼是阿茲海默症?
- Risk Factors 風險因素
- Know the 10 Warning Signs and Stages 了解10個早期警訊及各個階段
- Prevention Tips 預防的技巧
- Treatment 治療方式

Detailed Information 詳細資料	1520 Stockton Clinic 三藩市華埠診所	2574 San Bruno Clinic 三藩市波特羅區診所	211 Eastmoor Clinic 帝利市 Eastmoor 街診所
Date 日期	6/4 - 6/27/2024 Every Tuesday and Thursday 逢星期二、四	6/3 - 6/24/2024 Every Monday 逢星期一	6/4 - 6/25/2024 Every Tuesday 逢星期二
Time 時間	10:30am - 11:30am 上午 10 時半 至 11 時半	2:00pm - 3:00pm 下午 2 時 至 3 時	11:00am - 12:00pm 上午 11 時 至 中午 12 時
Location 地點	1520 Stockton St. San Francisco, CA 94133	2574 San Bruno Ave. San Francisco, CA 94134	211 Eastmoor Ave. Daly City, CA 94015
Language 語言	English, Cantonese and Mandarin 英、粵及國語	English, Cantonese and Mandarin 英、粵及國語	English, Cantonese and Mandarin 英、粵及國語

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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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Contact Health Education 聯絡健康教育部:
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