

# CHRONIC DISEASES SELF-MANAGEMENT CLASS 2024

## 實踐健康生活課程 2024



### 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

**Language:** Cantonese

**語言:** 粵語

### Location:

728 Pacific Ave. Room 119,  
San Francisco, CA 94133

### 地點:

三藩市 728 柏思域街 119 室

免費  
參加

FREE

Date 日期	Time 時間	Topic 題目
6/6 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
6/13 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？
6/20 Thursday 星期四	9:30am - 12:00pm 上午 9 時半至正午 12 時	Healthy eating & pain management 健康飲食與疼痛管理
6/27 Thursday 星期四	9:30am - 12:00pm 上午 9 時半至正午 12 時	Reading food labels & communication skills 學習閱讀食物標籤與溝通技巧
7/11 Thursday 星期四	9:30am - 12:00pm 上午 9 時半至正午 12 時	Relaxation & dealing with depression 學習鬆弛與處理負面情緒
7/18 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 學習與醫護人員更有效協作的技巧

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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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