

FEBRUARY  
American Heart Month

二月  
美國心臟健康月

# HEART DISEASE PREVENTION & HOW TO SPOT A STROKE

## 心臟病的預防與關注腦中風講座

**Brief Description:** Heart disease is the leading cause of death for people in the United States. Knowing the warning signs and symptoms of heart disease and stroke can save people's lives. If you want to learn more about Heart Disease Prevention and Stroke, please attend workshops hosted by the NEMS Health Education Department.

**簡介:** 在美國，心臟病是頭號殺手。學會心臟病和腦中風的警告性症狀可以救人也救己一命。如果你想要知道更多關於心臟病預防和腦中風的資料，請參加東北醫療中心健康教育部的講座。

### Topics 題目:

- Heart Disease Prevention  
心臟病的預防
- CPR  
心肺復蘇法
- What is Stroke?  
什麼是腦中風?
- Identify a Stroke  
如何識別腦中風

Detailed Information 詳細資料	1520 Stockton Clinic 三藩市華埠 Stockton 街診所	1870 Lundy Clinic 聖荷西 Lundy 街診所
Date 日期	2/1 - 2/29/2024 Every Tue & Thu 逢星期二、四	2/7 - 2/28/2024 Every Wednesday 逢星期三
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
Location 地點	1520 Stockton St. San Francisco, CA 94133	1870 Lundy Ave. San Jose, CA 95131
Language 語言	English, Cantonese, Mandarin 英、粵及國語	English, Mandarin 英及國語

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**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).



a california *health* center

Contact Health Education 聯絡健康教育部:  
(415) 391-9686 ext. 轉內線 5843 | WWW.NEMS.ORG