

FREE BLOOD
PRESSURE CHECK
AT NORTH EAST
MEDICAL SERVICES!

東北醫療中心可提供
免費血壓檢查!

APRIL IS HYPERTENSION AWARENESS MONTH

四月：
高血壓宣傳月

Brief Description 簡介:

Hypertension is a very common chronic disease among adults. Chronic hypertension can lead to increased risk of heart attacks, heart diseases, and damage to other organs. Living a healthy lifestyle can help reduce the risk of developing hypertension. If you want to learn more about hypertension, please attend NEMS Health Education Workshop.

高血壓是成年人中非常常見的慢性疾病。高血壓會導致心臟病發作、心臟病以及其他器官受損的風險增加。健康的生活方式有助於降低患高血壓的風險。如果您想了解更多有關高血壓的知識，請參加東北醫療中心健康教育部的講座。

Topics 題目:

- **What is Blood Pressure?**
什麼是血壓？
- **What is Hypertension?**
什麼是高血壓？
- **Risk Factors**
風險因素
- **Signs and Symptoms**
徵兆和症狀
- **Preventing Hypertension**
預防高血壓

Detailed Information 詳細資料	1520 Stockton Clinic 三藩市華埠Stockton街診所	2574 San Bruno Clinic 三藩市波特羅區San Bruno街診所	211 Eastmoor Clinic 帝利市Eastmoor街診所
Date 日期	4/2 – 4/30/2024 Every Tuesday & Thursday 逢星期二、四	4/1 – 4/29/2024 Every Monday 逢星期一	4/2 – 4/30/2024 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, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語

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).