

September is National Cholesterol Education Month

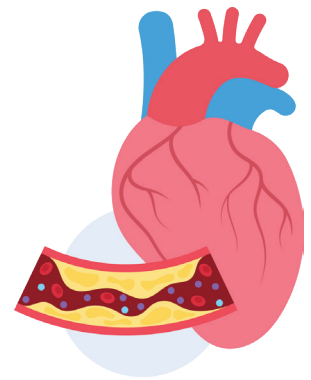
九月是全國膽固醇關注月

Brief Description: Cholesterol is a waxy, fat-like substance made in the body to build cells and make vitamins and other hormones. However, having too much cholesterol can pose a serious health risk such as increasing the development of heart diseases and strokes. If you want to learn more about cholesterol, please attend the National Cholesterol Education Workshop at NEMS Health Education Department.

簡介：膽固醇是一種在體內產生的蠟狀脂肪狀物質，用於構建細胞並製造維生素和其他激素。但是，膽固醇過多會帶來嚴重的健康風險，例如增加心臟病和中風的發病率。如果了解有關主題的更多信息，請參加東北醫療中心健康教育部的關注膽固醇講座。

Topics 題目：

- What is Cholesterol? 什麼是膽固醇？
- Why Cholesterol Matters? 為什麼膽固醇很重要？
- Good Vs Bad Cholesterol 好膽固醇和壞膽固醇的區別
- Check Change Control 檢查 改變 控制
- Risk Factors 風險因素
- Prevention and Treatments of High Cholesterol 高膽固醇的預防與治療



Detailed Information 詳細資料	1520 Stockton Clinic 三藩市華埠診所	211 Eastmoor Clinic 帝利市Eastmoor診所
Date 日期	9/3 - 9/26/2024 Every Tuesday & Thursday 逢星期二、四	9/3 - 9/24/2024 Every Tuesday 逢星期二
Time 時間	10:30am – 11:30am 上午 10 時半 至 11 時半	11:00am – 12:00pm 上午 11 時 至 中午 12 時
Location 地點	1520 Stockton St. San Francisco, CA 94133	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

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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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