



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	Chinatown Clinic 三藩市華埠診所
Date 日期	6/3 - 6/26/2025 Every Tuesday & Thursday 逢星期二、四
Time 時間	10:30am – 11:30am 上午 10 時半至 11 時半
Location 地點	1520 Stockton St., San Francisco, CA 94133 三藩市華埠 Stockton 街診所
Language 語言	English, Cantonese, Mandarin 英、粵及國語

NEMS complies with all applicable Federal civil rights law and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Free language assistance services are available.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 415-391-9686 ext. 8160 (TTY: 1-800-735-2929) o hable con su proveedor.

Chinese 注意：如果您說中文，我們可為您提供免費語言協助服務，也可免費提供適當的輔助工具與服務，以無障礙方式提供資訊。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929) 或與您的醫生討論。

Vietnamese CHÚ Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 415-391-9686 ext. 8160 (Người khuyết tật: 1-800-735-2929) hoặc trao đổi với người cung cấp dịch vụ của bạn.