

# CHRONIC DISEASES SELF-MANAGEMENT CLASS 2025

## 實踐健康生活課程 2025



### 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:

369 Broadway Street  
San Francisco, CA 94133

### 地點:

三藩市百老匯街 369 號 (余河小學對面)

免費  
參加

FREE

| Date 日期                 | Time 時間                             | Topic 題目                                                                  |
|-------------------------|-------------------------------------|---------------------------------------------------------------------------|
| 6/26<br>Thursday<br>星期四 | 9:30am - 12:00pm<br>上午 9 時半至正午 12 時 | Learn powerful self-management tool<br>學習強而有力的自我管理技巧                      |
| 7/3<br>Thursday<br>星期四  | 9:30am - 12:00pm<br>上午 9 時半至正午 12 時 | How can physical activity & exercise help us?<br>健體活動或運動可如何幫助我們?          |
| 7/10<br>Thursday<br>星期四 | 9:30am - 12:00pm<br>上午 9 時半至正午 12 時 | Healthy eating & pain management<br>健康飲食與疼痛管理                             |
| 7/17<br>Thursday<br>星期四 | 9:30am - 12:00pm<br>上午 9 時半至正午 12 時 | Reading food labels & communication skills<br>學習閱讀食物標籤與溝通技巧               |
| 7/24<br>Thursday<br>星期四 | 9:30am - 12:00pm<br>上午 9 時半至正午 12 時 | Relaxation & dealing with depression<br>學習鬆弛與處理負面情緒                       |
| 7/31<br>Thursday<br>星期四 | 9:30am - 12:00pm<br>上午 9 時半至正午 12 時 | Working more effectively with health care professional<br>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. 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 để 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.



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