

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:

1520 Stockton Clinic, Room 606
San Francisco, CA 94133

地點:

三藩市華埠 Stockton 街診所 606 室

免費
參加

FREE

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