



National Diabetes Education Month

全國糖尿病關注月

Diabetes is a chronic condition when your blood sugar is too high. Diabetes can cause blindness, nerve damage, kidney disease, etc. People can lower their risk for diabetes by more than half if they have a balanced diet, get regular physical activity, and stay at a healthy weight. If you want to learn more about diabetes, please attend the NEMS Education Workshop.

糖尿病是一種因血糖過高而引起的慢性疾病。糖尿病會引起失明、神經損傷、腎臟疾病等、如果能有均衡健康的飲食、定期進行體能運動、和保持適當的體重，患糖尿病的危險至少能減低一半。如果您想要了解更多關於糖尿病的資料，請參加東北醫療中心健康教育部舉辦的課程。

Topics Include 題目：

- How to prevent diabetes 預防糖尿病
- What is diabetes? 什麼是糖尿病?
- Diabetes and food 糖尿病食物
- Protecting your eyes and feet 保護眼睛和足部

Detailed Information 詳細資料	Chinatown Clinic 三藩市華埠診所
Date 日期	11/4 - 11/25/2025 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 laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Free language assistance services and auxiliary aids and services are available.

Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.

如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.



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Contact Health Education 聯絡健康教育部：

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