



Health Education ACTIVITY SCHEDULE 健康教育課程表

2nd Quarter 2025 • 二零二五年第二季

Free! 免費

Blood Pressure Booth 血壓站

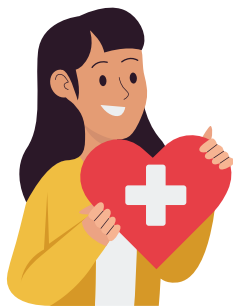


1520 Stockton Clinic 華埠Stockton街診所

Date 日期: Every Tuesday & Friday 逢週二及週五
Time 時間: 8:00am - 12:00pm & 1:00pm - 5:00pm
 上午8時至正午12時及下午1時至5時
Language 語言: English, Cantonese and Mandarin
 英、粵及國語



HEAL Program 康活計劃



▶ HEAL INDIVIDUAL COUNSELING 康活計劃個人輔導



1520 Stockton Clinic 華埠Stockton街診所

Date 日期: Every Monday - Friday 逢週一至週五
Time 時間: 8:00am - 6:00pm 上午8時至下午6時

APPOINTMENT ONLY (需要預約)

All sites are by appointment only. Support Group and counseling are English, Cantonese and Mandarin.
 所有診所請事先預約。所有輔導以英、粵及國語進行。



Smoking Cessation Program 戒煙計劃

▶ QUIT SMOKING INDIVIDUAL COUNSELING 戒煙個人輔導



1520 Stockton Clinic 華埠Stockton街診所

Date 日期: Every Monday - Friday 逢週一至週五
Time 時間: 8:00am - 6:00pm 上午8時至下午6時

PHONE OR APPOINTMENT ONLY (接受電話或需要預約)

All other sites are by appointment only. Support Group and counseling are English, Cantonese and Mandarin.
 其它診所請事先預約。所有輔導以英、粵及國語進行。

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.

Exercise Workshops 運動班計劃

▶ TAI CHI BASIC 太極初級班

369 Broadway Street, San Francisco
三藩市百老匯街369號 (余河小學對面)

Date 日期: 4/2 – 5/21 Every Wednesday and Friday
逢週三及週五

Time 時間: 9:30am – 10:30am 上午9時半至10時半
Language 語言: Cantonese 粵語

▶ AEROBIC EXERCISE 帶氧運動

369 Broadway Street, San Francisco
三藩市百老匯街369號 (余河小學對面)

Date 日期: 5/28 – 7/18 Every Wednesday & Friday
逢週三及週五

Time 時間: 9:30am – 10:30am 上午9時半至10時半
Language 語言: Cantonese 粵語

Special Workshops 特別講座

▶ DRUG SAFETY WORKSHOPS 藥物安全講座

1520 Stockton Clinic 華埠Stockton街診所

Date 日期: Every Wednesday 逢週三
Time 時間: 2:00pm – 3:00pm 下午2時至3時
Language 語言: English, Cantonese and Mandarin 英、粵及國語

Healthy Eating Program 健康飲食計劃

▶ FOOD SAFETY WORKSHOP 帶您認識食物安全

369 Broadway Street, San Francisco
三藩市百老匯街369號 (余河小學對面)

Date 日期: 4/7 – 4/28 Every Monday 逢週一
Time 時間: 9:30am – 10:30am 上午9時半至10時半
Language 語言: Cantonese 粵語

▶ HEALTHY EATING WORKSHOP 健康飲食講座

369 Broadway Street, San Francisco
三藩市百老匯街369號 (余河小學對面)

Date 日期: 5/1 – 5/22 Every Thursday 逢週四
Time 時間: 10:00am – 11:00am 上午10時至11時
Language 語言: Cantonese 粵語

▶ COOKING DEMO CLASS 健康烹飪示範班

369 Broadway Street, San Francisco
三藩市百老匯街369號 (余河小學對面)

Date 日期: 6/4 – 6/25 Every Wednesday 逢週三
Time 時間: 1:30pm – 3:30pm 下午1時半至3時半
Language 語言: Cantonese 粵語

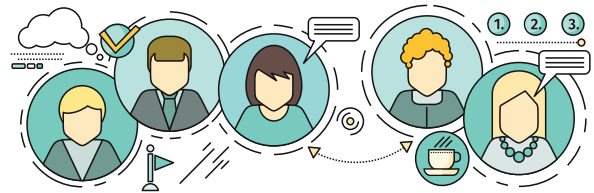


Tech Solutions Workshops 技術解答講座

▶ MY CHART SIGN-UP 註冊在線醫療記錄平台

1520 Stockton Clinic 華埠Stockton街診所

Date 日期: Every Monday 逢週一
Time 時間: 8:00am – 6:00pm 上午8時至下午6時
Language 語言: English, Cantonese and Mandarin 英、粵及國語



Thematic Workshops 每月主題講座

1520 Stockton Clinic
華埠Stockton街診所

APRIL 四月: Hypertension Awareness Month 高血壓宣傳月
MAY 五月: Mental Health Awareness Month 心理健康宣傳月
JUNE 六月: Alzheimer's and Brain Awareness Month 關注阿茲海默症及腦部健康宣傳月

Date 日期: Every Tuesday & Thursday 逢週二及四
Time 時間: 10:30am – 11:30am 上午10時半至11時半
Language 語言: English, Cantonese and Mandarin 英、粵及國語



**NORTH EAST
MEDICAL SERVICES**

東 北 醫 療 中 心

a california *health+* center

If you have any questions or want to enroll in any of the free classes,
please call the Health Education Department at (415) 391-9686 ext. 5843.

如有任何問題或想報名參加免費課程，
請致電健康教育部 (415) 391-9686 轉內線5843。