



Health Education ACTIVITY SCHEDULE 健康教育課程表

3rd Quarter 2025 • 二零二五年第三季

Free! 免費



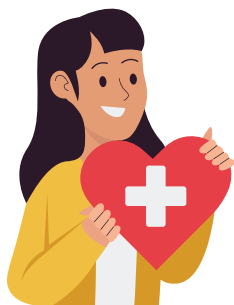
Blood Pressure Booth 血壓站

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.

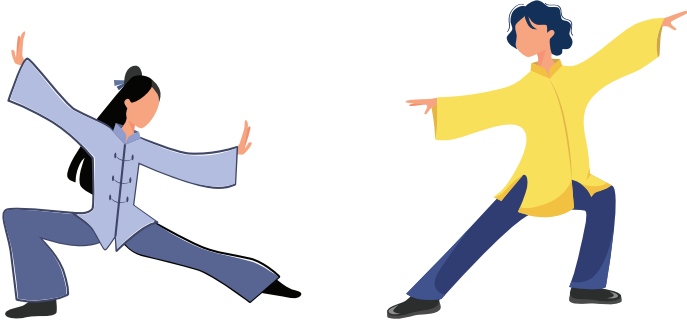
Chinese 注意：如果您說中文，我們可為您提供免費語言協助服務，也可免費提供適當的輔助工具與服務，以無障礙方式提供資訊。請致電 415-391-9686 轉內線 8160 (TTY: 1-800-735-2929) 或與您的醫生討論。
Vietnamese CHÚ Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng 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 INTERMEDIATE 太極中級班

728 Pacific Ave, Room 117, San Francisco
三藩市柏思域街728號117室

Date 日期: 8/12 – 11/11 Every Tuesday 逢週二
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

Self-Management Workshop 自我管理課程

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM 實踐健康生活課程

1520 Stockton Clinic, Room 606
華埠Stockton街診所 606 室

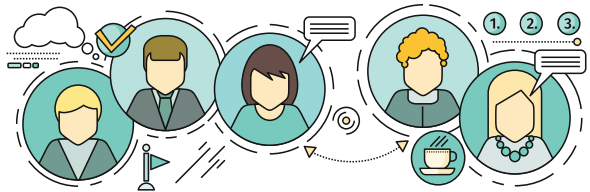
Date 日期: 6/26 – 7/31 Every Thursday 逢週四
Time 時間: In Person 面授課程
9:30am – 12:00pm 上午9時半至中午12時
Language 語言: Cantonese 粵語

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

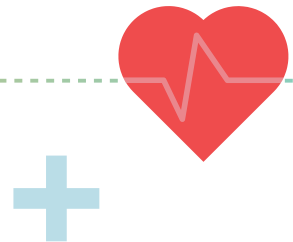
Date 日期: Every Monday 逢週一
Time 時間: 8:00am – 6:00pm 上午8時至下午6時
Language 語言: English, Cantonese and Mandarin 英、粵及國語



National Health Center Week 全國社區健康中心週

Date 日期: 8/4 – 8/8 Monday – Friday
週一至週五

Activities information (TBD)
活動詳情 (待定)



Thematic Workshops 每月主題講座

1520 Stockton Clinic
華埠Stockton街診所

JULY 七月: **World Hepatitis Day** 肝炎宣傳月
AUGUST 八月: **National Immunization Awareness Month** 全國免疫宣傳月
SEPTEMBER 九月: **National Cholesterol Education Month** 全國膽固醇教育月

Date 日期: Every Tuesday & Thursday 逢週二及週四
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