



Health Education ACTIVITY SCHEDULE 健康教育課程表

4th Quarter 2025 • 二零二五年第四季

Free! 免費

Blood Pressure Booth 血壓站

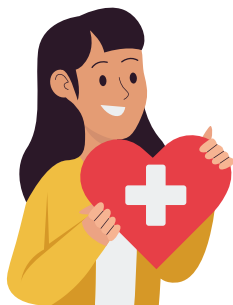


1520 Stockton Clinic 華埠Stockton街診所

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)

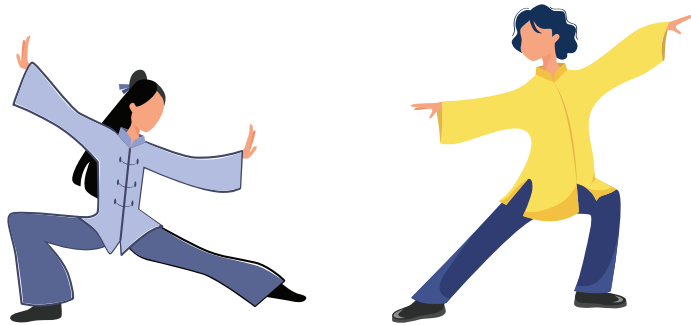
All other sites are by appointment only. Support Group and counseling are English, Cantonese and Mandarin.
其它診所請事先預約。所有輔導以英、粵及國語進行。

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 – 11/18 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

▶ DIABETES EMPOWERMENT EDUCATION PROGRAM (DEEP) 糖尿病慢性疾病自我管理

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

Date 日期: 11/3 – 12/8 Every Monday 逢週一
Time 時間: In Person 面授課程
9:30am – 11:30am 上午9時半至11時半
Language 語言: Cantonese 粵語

Healthy Eating Program 健康飲食計劃

▶ 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: 10/16 – 11/6 Every Thursday 逢週四
Time 時間: 1:30pm – 3:30pm 下午1時半至3時半
Language 語言: Cantonese 粵語

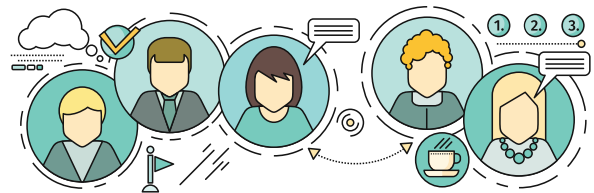


Tech Solutions Workshops 技術解答講座

▶ 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

OCTOBER 十月: National Breast Cancer Awareness Month 全國乳癌關注月
NOVEMBER 十一月: National Diabetes Month 全國糖尿病月
DECEMBER 十二月: Arthritis/Fall Prevention Awareness Month 關節炎及預防跌倒關注月

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



NORTH EAST
MEDICAL SERVICES
東 北 醫 療 中 心

If you have any questions or want to enroll in any of the free classes, please call the Health Education Department at 1-888-500-1886.
如有任何問題或想報名參加免費課程，請致電健康教育部 1-888-500-1886。