

2025 National Health Center Week

全國社區健康中心週

Health Ed. Department Activities
健康教育部活動



NORTH EAST
MEDICAL SERVICES
東 北 醫 療 中 心

8/4/2025 - 8/8/2025

Stockton Clinic Health Promotion Room 三藩市華埠 Stockton 街診所健康教育部		
Date 日期	Time 時間	Activity 活動
8/4 Mon 週一	9:30am-11:30am	Reduce, Reuse, Recycle 學會環保
8/4 Mon 週一	2:00pm-4:00pm	Home Safety for Young Children 嬰幼兒居家安全
8/5 Tues 週二	9:30am-11:30am	Check Your Sugar, Protect Your Future 控制血糖，守護未來
8/5 Tues 週二	2:00pm-4:00pm	Common Heart Problems 保護心臟
8/6 Wed 週三	9:30am-11:30am	Healthy Food Plate Game 健康餐碟遊戲
8/6 Wed 週三	2:00pm-4:00pm	Home Safety for Young Children 嬰幼兒居家安全
8/7 Thurs 週四	9:30am-11:30am	Self-Care and Arthritis 自我保健與關節炎
8/7 Thurs 週四	1:00pm-3:00pm	Neck-Cessities for Pain Relief 緩解頸部疼痛
8/7 Thurs 週四	3:00pm-5:00pm	Don't Stress It! 踢走壓力!
8/8 Fri 週五	9:30am-11:30am	Check Your Sugar, Protect Your Future 控制血糖，守護未來
8/8 Fri 週五	2:00pm-4:00pm	Self-Care and Arthritis 自我保健與關節炎

Portola San Bruno Clinic Pharmacy Waiting Area 三藩市波特羅區 San Bruno 街診所藥房候診室		
Date 日期	Time 時間	Activity 活動
8/4 Mon 週一	9:00am-12:00pm	Check Your Sugar, Protect Your Future 控制血糖，守護未來

Leland Clinic Waiting Area 三藩市訪谷區 Leland 街診所候診室		
Date 日期	Time 時間	Activity 活動
8/4 Mon 週一	2:00pm-3:30pm	Don't Stress It! 踢走壓力!

1400 Noriega Clinic Waiting Area 三藩市日落區 1400 Noriega 街診所候診室		
Date 日期	Time 時間	Activity 活動
8/5 Tues 週二	9:30am-10:30am	Healthy Food Plate Game 健康餐碟遊戲
8/5 Tues 週二	10:30am-11:30am	Don't Stress It! 踢走壓力!

Ocean Clinic 三藩市海洋區 Ocean 街診所		
Date 日期	Time 時間	Activity 活動
8/5 Tues 週二	2:00pm-4:00pm	Healthy Food Plate Game 健康餐碟遊戲

1870 Lundy Clinic Health Promotion Room 聖荷西 1870 Lundy 街診所健康教育部		
Date 日期	Time 時間	Activity 活動
8/6 Wed 週三	9:30am-11:30am	Check Your Sugar, Protect Your Future 控制血糖，守護未來
8/6 Wed 週三	1:00pm-3:00pm	Common Heart Problems 保護心臟

Clement Clinic Waiting Area 三藩市列治文區 Clement 街診所候診室		
Date 日期	Time 時間	Activity 活動
8/7 Thurs 週四	9:30am-11:30am	Home Safety for Young Children 嬰幼兒居家安全

Eastmoor Clinic Pharmacy Waiting Area 帝利市 Eastmoor 街診所藥房候診室		
Date 日期	Time 時間	Activity 活動
8/8 Fri 週五	9:30am-11:30am	Healthy Food Plate Game 健康餐碟遊戲
8/8 Fri 週五	1:00pm-3:00pm	Neck-Cessities for Pain Relief 緩解頸部疼痛

Contact Health Education 聯絡健康教育部:
(415) 391-9686 ext. 轉內線 5843 | WWW.NEMS.ORG

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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.