

December is Smoking and Health Awareness Month

十二月是 吸煙與健康 關注月

When you smoke, it's not just your lungs that suffer. Chemicals from cigarettes do damage to almost every part of your body. It's never too late to stop smoking. NEMS Health Education Department provides smoking cessation counseling in various languages. The best way to stop smoking is to have support. Please join our Quit Smoking Support Group to learn about how to get started on your way to be smoke-free!

當您吸煙時，受到傷害的不只是您的肺部，香煙裡的毒素幾乎會損壞您身體的每一部分。現在開始戒煙永遠不算太晚。東北醫療中心健康教育部提供多種語言的戒煙服務。戒煙的最好方式就是獲得支持和幫助。請參加我們的戒煙互助小組，瞭解如何開始踏上戒煙之路！



Topics Include:

- Smoking & your Health
- Nicotine Addiction
- Techniques to Quit
- Medications

課題包括:

- 抽煙與您的健康
- 尼古丁上癮
- 戒煙的技巧
- 輔助藥物

Detailed Information 詳細資料	Chinatown Clinic 三藩市華埠診所	2574 San Bruno Clinic 波特羅區San Bruno街診所	Eastmoor Clinic 帝利市診所	1870 Lundy Clinic 聖荷西1870 Lundy診所
Date 日期	12/6 - 12/29/2022 Every Tue & Thu 逢星期二、四	12/5 - 12/26/2022 Every Monday 逢星期一	12/6 - 12/27/2022 Every Tuesday 逢星期二	12/7 - 12/28/2022 Every Wednesday 逢星期三
Time 時間	10:30am – 11:30am 上午10時半至11時半	2:00pm – 3:00pm 下午2時至3時	By appointment only. 僅限預約	2:00pm – 3:00pm 下午2時至3時
Location 地點	1520 Stockton St. San Francisco, CA 94133	2574 San Bruno Ave. San Francisco, CA 94134	211 Eastmoor Ave. Daly City, CA 94015	1870 Lundy Ave. San Jose, CA 95131
Language 語言	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語	English, Cantonese, Mandarin 英、粵及國語	English, Mandarin 英及國語



**NORTH EAST
MEDICAL SERVICES**
東北醫療中心

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Contact Health Education 聯絡健康諮詢部:
(408) 573-9686 轉內線 ext.8711 | WWW.NEMS.ORG

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電(415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).