

Free Health Talks

Tea Time Series With NEMS PACE



PACE 行健
長者照護計劃



Healthy and Happy Aging

Come, learn, and chat with **NEMS PACE** (Program of All-Inclusive Care for the Elderly) health care providers who are experienced in working with seniors.

Location: NEMS PACE Center
(728 Pacific Ave, 2nd Floor,
San Francisco, CA 94133)

Time: Wednesdays 7/12, 7/19, 7/26, and 8/2
at 3pm-4pm

Cost: Free! Complimentary tea and snacks
will be provided during each session.

Tea Time Series Weekly Topics

- Wednesday, July 12th, 3-4 pm
Doctor's Perspective:
Healthy and Happy Aging
- Wednesday, July 19th, 3-4 pm
Gentle Stretching for Pain Relief
- Wednesday, July 26th, 3-4 pm
Blood Pressure Management
for Seniors
- Wednesday, August 2nd, 3-4 pm
Eating for Longevity



**? For any questions about the Tea Time Series with NEMS PACE,
please call 415-333-8909.**

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).

免費健康座談

東北行健 「茶點會」



PACE 行健
長者照護計劃



健康快樂老齡化

歡迎前來與擁有豐富長者
照護經驗的東北行健
(行健長者照護計劃)
醫師一同學習與交談。

地點：東北行健長者照護中心
三藩市華埠柏思域街728號二樓
(728 Pacific Ave, 2nd Floor, San Francisco, CA 94133)
時間：週三7/12, 7/19, 7/26, 及 8/2
下午3-4點
費用：免費！每次茶點會期間將提供免費茶水和小吃。

「茶點會」每週主題

- 7月12日，週三下午3點至4點
醫生視角：健康快樂老齡化
- 7月19日，週三下午3點至4點
輕鬆伸展，緩解疼痛
- 7月26日，週三下午3點至4點
長者血壓管理
- 8月2日，週三下午3點至4點
長壽飲食法



? 有關東北行健「茶點會」的任何問題，請致電 415-333-8909。

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).

NEMS - Rev. 6/20/2023