

FREE BLOOD
PRESSURE CHECK
AT NORTH EAST
MEDICAL SERVICES!

東北醫療中心可提供
免費血壓檢查!

MAY IS HYPERTENSION AWARENESS MONTH

五月：
高血壓宣傳月



High blood pressure affects 1 in 3 American adults. Good news is, high blood pressure can be prevented or managed through smart life style choices. If you want to learn more about high blood pressure, please attend our Managing High Blood Pressure & Screening Workshop at NEMS Health Education Department.

高血壓影響三分之一的美國成年人。好消息是，高血壓可以通過選擇聰明的生活方式來預防或控制。如果您想要了解更多關於高血壓的資料，請參加東北醫療中心健康教育部的高血壓的管理和檢查講座。

TOPICS

- What is blood pressure?
- What is hypertension?
- Risk factors
- Signs and symptoms
- What can you do now to control your high blood pressure?

題目

- 什麼是血壓?
- 什麼是高血壓?
- 風險因素
- 徵兆和症狀
- 您現在可以做什麼來控制您的血壓?

Detailed Information 詳細資料	Chinatown Clinic 三藩市華埠Stockton街診所	Portola Clinic 三藩市波特羅區San Bruno街診所	1870 Lundy Clinic 聖荷西Lundy街診所
Date 日期	5/2 - 5/30/2023 Every Tuesday and Thursday 逢星期二、四	5/1 - 5/22/2023 Every Monday 逢星期一	5/3 - 5/31/2023 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	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	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, Mandarin 英及國語

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).