

糖尿病 慢性疾病 自我管理



您或您的親人患有糖尿病嗎？糖尿病慢性疾病自我管理是一項免費課程，通過調整生活方式，幫助您掌握糖尿病的控制與預防。這套為期六週的系列課程（共六堂，每堂 2 小時），將透過有趣的互動活動，讓您獲得豐富實用的知識。如果您想變得更健康、更有活力，請報名參加！

****本課程不可代替醫療照顧。**

參加者仍應繼續接受診療，並遵循醫療服務提供者的指示。

六次小型的課程

每堂課為2小時

詳細資料

語言： 粵語

日期： 11/3/2025 – 12/8/2025（逢星期一）

時間： 上午 9 時半 至 上午 11 時半

地點： 三藩市柏思域街 728 號 117 室

歡迎您參加，如果您...

- 是60歲或以上的三藩市居民
- 患有糖尿病或糖尿病前期
- 希望增加對糖尿病的知識

本課程的主題包括：

- 什麼是糖尿病？
- 飲食與運動
- 如何管理及避免併發症
- 了解糖尿病如何影響眼睛、牙齒與腳
- 預防糖尿病

**免費
參加**



NEMS complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Free language assistance services and auxiliary aids and services are available.

Si habla español, se encuentran disponibles servicios de asistencia lingüística gratuitos y ayudas/servicios auxiliares.

如果您說中文，我們可提供免費語言協助和輔助設施服務。

Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.



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

Contact Health Education 聯絡健康教育部:
1-888-500-1886 | WWW.NEMS.ORG

Diabetes Empowerment Education Program (DEEP)



Do you or someone you love have Diabetes? Diabetes Empowerment Education Program is a free program that encourages lifestyle changes that helps you learn how to control your diabetes and how you can prevent it! This program consists of 6 classes, each 2 hours long. This 6-week series (six classes, 2 hours each) will be informative and interactive with fun activities that will help you along the way! Please sign up for this course if you want to be healthier and more energetic!

****This program is not a replacement for clinical care. Participants should continue to seek medical help and adhere to medical treatment plan.**

Six Weekly Workshops

Each Class is 2 Hours

Please join us if you:

- Are an SF resident age 60 or above
- Have diabetes or pre-diabetes
- Want to grow your knowledge about diabetes

Topics will include:

- What is Diabetes?
- Diet and Exercise
- Managing Diabetes and Preventing Complications
- Things you must know about the eyes, teeth, and feet
- Preventing Diabetes

Detailed Information

Language: Cantonese
Date: 11/3/2025 - 12/8/2025 (Every Monday)
Time: 9:30 am - 11:30 am
Location: 728 Pacific Ave, Room 117
San Francisco, CA 94133



FREE

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