



# NOVEMBER is American Diabetes Month

## 十一月 是美國糖尿病月

**Diabetes** can cause blindness, nerve damage, kidney disease, etc. People can lower their risk for diabetes by more than half if they have a balanced diet, get regular physical activity, and stay at a healthy weight. If you want to learn more about the diabetes, please attend NEMS Health Education Workshop.

**糖尿病**會引起失明、神經損傷、腎臟疾病等。如果能有均衡健康的飲食、定期進行體能運動、和保持適當的體重，患糖尿病的危險至少能減低一半。如果您想要了解更多關於糖尿病的資料，請參加東北醫療中心健康教育部舉辦的課程。

### Topics Include 課題包括：

- How to prevent diabetes 預防糖尿病
- What is diabetes? 什麼是糖尿病?
- Diabetes and food 糖尿病食物
- Protecting your eyes and feet 保護眼睛和腳部

Detailed Information 詳細資料	Chinatown Clinic 三藩市華埠診所	1870 Lundy Clinic 聖荷西 1870 Lundy 診所
<b>Date 日期</b>	11/2 - 11/30/2023 Every Tuesday & Thursday 逢星期二、四	11/1 - 11/29/2023 Every Wednesday 逢星期三
<b>Time 時間</b>	10:30am – 11:30am 上午 10時半 至 11 時半	2:00pm – 3:00pm 下午 2 時 至 3 時
<b>Location 地點</b>	1520 Stockton St. San Francisco, CA 94133	1870 Lundy Ave. San Jose, CA 95131
<b>Language 語言</b>	English, Cantonese, Mandarin 英、粵及國語	English, Mandarin 英及國語



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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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**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).

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