

# Healthy Eating



**NORTH EAST  
MEDICAL SERVICES**  
東北醫療中心  
a california *health+* center

**The Latest News on Healthy Eating!  
FREE Classes for everyone age 18+**

Space is Limited - Register Now!



To register or have questions, please call:  
**(415) 391-9686 ext. 5843**

You will receive a gift if you attend all five  
**"Healthy Eating Classes"**



## 1 What Is A Healthy Diet?

**Date:** 1/17/2018 Wednesday  
**Time:** 1:30pm - 2:30pm  
**Language:** Cantonese  
**Location:** Pacific Clinic  
728 Pacific Ave., 2nd floor,  
San Francisco, CA, 94133

## 2 Nutrient Lacking in Asian Diets

**Date:** 1/24/2018 Wednesday  
**Time:** 1:30pm - 2:30pm  
**Language:** Cantonese  
**Location:** Pacific Clinic  
728 Pacific Ave., 2nd floor,  
San Francisco, CA, 94133

## 3 Food Labels

**Date:** 1/31/2018 Wednesday  
**Time:** 1:30pm - 2:30pm  
**Language:** Cantonese  
**Location:** Pacific Clinic  
728 Pacific Ave., 2nd floor,  
San Francisco, CA, 94133

## 4 Sugar and Your Weight

**Date:** 2/7/2018 Wednesday  
**Time:** 1:30pm - 2:30pm  
**Language:** Cantonese  
**Location:** Pacific Clinic  
728 Pacific Ave., 2nd floor,  
San Francisco, CA, 94133

## 5 Grocery Store Tour

**Date:** 2/14/2018 Wednesday  
**Time:** 1:30pm - 2:30pm  
**Language:** Cantonese  
**Location:** Pacific Clinic  
728 Pacific Ave., 2nd floor,  
San Francisco, CA, 94133

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：如果您使用繁體中文，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. 12/2017

# 健康飲食



**NORTH EAST  
MEDICAL SERVICES**  
東北醫療中心  
a california *health+* center

隆重推介：健康飲食的最新資訊！  
免費健康課程，歡迎**18歲**以上人仕參加

名額有限，請即致電報名！



報名或查詢請致電：

**(415) 391-9686** 轉內線 **5843**

如果您參加全部五堂「健康飲食」課程，  
您會得到一份小禮品！



## 1 什麼是健康飲食？

日期：2018年1月17日 (週三)

時間：下午1時半至下午2時半

課程語言：粵語

課程地點：華埠柏思域診所二樓

728 Pacific Ave., 2nd floor,

San Francisco, CA, 94133

## 2 亞裔飲食中缺乏的營養素

日期：2018年1月24日 (週三)

時間：下午1時半至下午2時半

課程語言：粵語

課程地點：華埠柏思域診所二樓

728 Pacific Ave., 2nd floor,

San Francisco, CA, 94133

## 3 營養標籤

日期：2018年1月31日 (週三)

時間：下午1時半至下午2時半

課程語言：粵語

課程地點：華埠柏思域診所二樓

728 Pacific Ave., 2nd floor,

San Francisco, CA, 94133

## 4 糖份和您的體重

日期：2018年2月7日 (週三)

時間：下午1時半至下午2時半

課程語言：粵語

課程地點：華埠柏思域診所二樓

728 Pacific Ave., 2nd floor,

San Francisco, CA, 94133

## 5 超級市場參觀

日期：2018年2月14日 (週三)

時間：下午1時半至下午2時半

課程語言：粵語

課程地點：華埠柏思域診所二樓

728 Pacific Ave., 2nd floor,

San Francisco, CA, 94133

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