

# QUIT 2012

IT'S YOUR YEAR!

## FREE SMOKING CESSATION WORKSHOP

Need help to quit smoking? NEMS welcomes you to enroll in our FREE Smoking Cessation Workshop for adults.

**Time:** Saturdays 10 am – 12 pm  
**Dates:** February 18, February 25, March 3, March 10  
**Language:** Cantonese  
**Location:** NEMS Chinatown Clinic  
1520 Stockton Street, San Francisco  
1st Floor Health Promotion Room

### The workshop includes:

- ❖ Techniques that Work ❖
- ❖ Your Health and Smoking ❖
- ❖ Get Feedback from Health Care Professionals ❖
- ❖ Assistance with Medications based on your Insurance ❖
- ❖ Quit Smoking for Good! ❖

To register, visit the Medical Clinic Front Desks or contact Angela Cai at (415) 391-9686 ext. 5843

### CONTACT NORTH EAST MEDICAL SERVICES

(415) 391-9686 | (408) 573-9686 | [www.nems.org](http://www.nems.org)

#### SF Chinatown

1520 Stockton St  
San Francisco 94133

#### SF Portola

2574 San Bruno Ave  
San Francisco 94134

#### Visitation Valley

82 Leland Ave  
San Francisco 94134

#### SF Noriega Street

1450 Noriega St  
San Francisco 94122

#### SF Taraval Street

2308 Taraval St  
San Francisco 94116

#### Daly City

211 Eastmoor Ave  
Daly City 94015

#### San Jose

1750 Lundy Ave #108-116  
San Jose 95131

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## 免費戒煙課程

您需要戒煙幫助嗎？  
我們歡迎您報名參加我們的成人免費戒煙研討會。

**時間:** 星期六 上午 10 點至中午 12 點  
**日期:** 2 月 18 日、2 月 25 日、3 月 3 日、3 月 10 日  
**語言:** 粵語  
**地點:** 東北醫療中心三藩市華埠診所  
士德頓街 1520 號一樓健康諮詢中心

### 研討內容包括:

- ❖ 有效的技巧 ❖
- ❖ 吸煙與您的健康 ❖
- ❖ 從醫療專業者取得信息 ❖
- ❖ 根據您的醫療保險獲取藥物 ❖
- ❖ 永遠戒掉煙癮 ❖

報名或查詢請致電 Angela Cai 小姐，(415) 391-9686 轉內線 5843，或到各層樓櫃台報名

請致電東北醫療中心

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三藩市華埠  
1520 Stockton St  
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