Healthy Eating

The Latest News on Healthy Eating! FREE Classes for members 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: 11/7/2019 Thursday
   Time: 11:00am - 12:00pm
   Language: Cantonese
   Location: CCSF Chinatown Center
   Room 603, 808 Kearny St., San Francisco, CA 94108

2. Nutrient Lacking in Asian Diets
   Date: 11/14/2019 Thursday
   Time: 11:00am - 12:00pm
   Language: Cantonese
   Location: CCSF Chinatown Center
   Room 603, 808 Kearny St., San Francisco, CA 94108

3. Food Labels
   Date: 11/21/2019 Thursday
   Time: 11:00am - 12:00pm
   Language: Cantonese
   Location: CCSF Chinatown Center
   Room 603, 808 Kearny St., San Francisco, CA 94108

4. Sugar and Your Weight
   Date: 12/5/2019 Thursday
   Time: 11:00am - 12:00pm
   Language: Cantonese
   Location: CCSF Chinatown Center
   Room 603, 808 Kearny St., San Francisco, CA 94108

5. Grocery Store Tour
   Date: 12/12/2019 Thursday
   Time: 11:00am - 12:00pm
   Language: Cantonese
   Location: Safeway
   350 Bay St.
   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.


Chinese 注意：如果您使用中文，您也可以免费获得语言援助服务。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。