



June is Alzheimer's Awareness Month

六月是關注阿茲海默症宣傳月

Brief Description: Join us for the Alzheimer's Awareness Workshop at the NEMS Health Education Department. This empowering, supportive session is for anyone interested in learning more about Alzheimer's. You'll learn clear, practical information about Alzheimer's disease, current approaches to managing symptoms, and strategies to help maintain quality of life for people living with Alzheimer's and their caregivers. The workshop also includes the latest updates on care resources, daily living tips, and time for questions and community connection.

簡介: 歡迎參加NEMS健康教育部門舉辦的阿茲海默症意識工作坊。這場充滿力量與支持的課程適合所有對阿茲海默症有興趣的人。您將學習到關於阿茲海默症的清晰實用資訊、現行症狀管理方法，以及幫助維持阿茲海默症患者及其照護者生活品質的策略。工作坊同時包含照護資源的最新更新、日常生活技巧，以及提問時間與社區連結。

Topics 題目：

- What is Alzheimer's Disease? 什麼是阿茲海默症？
- Risk Factors 風險因素
- Know the 10 Warning Signs and Stages 了解10個早期警訊及各個階段
- Prevention Tips 預防的技巧
- Treatment 治療方式

| Detailed Information 詳細資料 | 1520 Stockton Clinic 三藩市華埠診所 1520 Stockton St. San Francisco, CA 94133 | 2574 San Bruno Clinic 三藩市波特羅區診所 2574 San Bruno Ave. San Francisco, CA 94134 | 211 Eastmoor Clinic 帝利市診所 211 Eastmoor Ave. Daly City, CA 94015 |
|------------------------------|---|--|--|
| Date 日期 | 6/2 - 6/30/2026 Every Tuesday & Thursday 逢星期二及星期四 | 6/1 - 6/29/2026 Every Monday 逢星期一 | 6/2 - 6/30/2026 Every Tuesday 逢星期二 |
| Time 時間 | 10:30am - 11:30am 上午 10 時半至 11 時半 | 2:00pm - 3:00pm 下午 2 時至 3 時 | 2:00pm - 3:00pm 下午 2 時至 3 時 |
| Room 房間 | 1F, Health Education Room 一樓健康教育部 | 1F, Room 100A 一樓 100A 房 | 1F, Room 104 一樓 104 房 |

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.



Contact Health Education 聯絡健康教育部：
1-888-500-1886 ext. 轉內線 5843 | WWW.NEMS.ORG



June is Alzheimer's Awareness Month

Junio es el Mes de Concientización sobre la Enfermedad de Alzheimer

Brief Description: Join us for the Alzheimer's Awareness Workshop at the NEMS Health Education Department. This empowering, supportive session is for anyone interested in learning more about Alzheimer's. You'll learn clear, practical information about Alzheimer's disease, current approaches to managing symptoms, and strategies to help maintain quality of life for people living with Alzheimer's and their caregivers. The workshop also includes the latest updates on care resources, daily living tips, and time for questions and community connection.

Descripción breve: Acompañenos al taller de concientización sobre la enfermedad de Alzheimer organizado por el Departamento de Educación para la Salud de NEMS. Esta sesión informativa y de apoyo está dirigida a todas las personas interesadas en aprender más sobre el Alzheimer. Recibirá información clara y práctica sobre la enfermedad, los enfoques actuales para el manejo de los síntomas y estrategias para ayudar a mantener la calidad de vida de las personas que viven con Alzheimer y de sus cuidadores. El taller también incluirá información actualizada sobre recursos de apoyo, consejos para la vida diaria y tiempo para preguntas y conexión con la comunidad.

Topics Temas:

- **What is Alzheimer's Disease?**
¿Qué es la enfermedad de Alzheimer?
- **Risk Factors**
Factores de riesgo
- **Know the 10 Warning Signs and Stages**
Conozca las 10 señales de advertencia y las etapas de la enfermedad
- **Prevention Tips**
Consejos de prevención
- **Treatment**
Tratamiento

| Detailed Information Información detallada | 1520 Stockton Clinic Clínica de 1520 Stockton | 2574 San Bruno Clinic Clínica de 2574 San Bruno | 211 Eastmoor Clinic Clínica de 211 Eastmoor |
|---|---|---|---|
| | 1520 Stockton St. San Francisco, CA 94133 | 2574 San Bruno Ave. San Francisco, CA 94134 | 211 Eastmoor Ave. Daly City, CA 94015 |
| Date Fechas | 6/2 - 6/30/2026 Every Tuesday & Thursday <i>Todos los martes y jueves</i> | 6/1 - 6/29/2026 Every Monday <i>Todos los lunes</i> | 6/2 - 6/30/2026 Every Tuesday <i>Todos los martes</i> |
| Time Horario | 10:30am – 11:30am | 2:00pm – 3:00pm | 2:00pm – 3:00pm |
| Room Sala | 1F, Health Education Room <i>1er piso, Sala de Educación en Salud</i> | 1F, Room 100A <i>1er piso, Sala 100A</i> | 1F, Room 104 <i>1er piso, Sala 104</i> |

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