

FEBRUARY
American Heart Month

二月
美國心臟健康月



HEART HEALTH & HOW TO SPOT A STROKE

心臟健康與關注腦中風講座

Brief Description: February is American Heart Month, a time to focus on caring for your heart and building lifelong habits for better cardiovascular health. Cardiovascular disease is one of the most common health conditions, but the good news is that many risk factors are preventable with knowledge, awareness, and small lifestyle changes.

簡介: 二月是美國心臟健康月 (American Heart Month), 是一個關注心臟健康、培養良好生活習慣的重要時刻。心臟疾病是常見的健康問題之一, 但好消息是, 透過正確的知識、提高警覺, 以及小小的生活改變, 許多風險都是可以預防的。

Join us in learning how to take proactive steps toward a healthier heart—because every heartbeat matters.

讓我們一起學習如何主動照顧心臟健康, 因為每一次心跳都很重要。

Topics 題目:

- What is Cardiovascular Disease? 甚麼是心臟病?
- Understanding Coronary Artery Disease 冠狀動脈疾病的認識
- High Blood Pressure and Why It Matters 高血壓及其對健康的影響
- Warning Signs & Symptoms to Watch For 心臟疾病的警訊與症狀
- Cardiovascular Disease Prevention and Healthy Habits 心臟疾病的預防與健康生活方式
- CPR Basics and Life-Saving Skills 心肺復甦術 (CPR) 基礎與救命技能
- What is Stroke? 什麼是腦中風
- Identifying a Stroke 如何識別腦中風

Detailed Information 詳細資料

Chinatown Clinic 三藩市華埠診所

Date 日期

2/3 - 2/26/2026 Every Tuesday & Thursday 逢星期二、四

Time 時間

10:30am - 11:30am 上午 10 時半至 11 時半

Location 地點

1520 Stockton St., San Francisco, CA 94133
三藩市華埠 Stockton 街診所

Language 語言

English, Cantonese, Mandarin 英、粵及國語

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 轉內線 5843 | WWW.NEMS.ORG