

2026 National Health Center Week

全國社區健康中心週

Health Ed. Department Activities
健康教育部活動



8/3/2026 - 8/7/2026

Clement Clinic Pharmacy Waiting Area 三藩市列治文區 Clement 街診所藥房候診室

Date 日期	Time 時間	Activity 活動
8/5 Wed 週三	8:30am-11am	Flu & COVID Immunizations 流感和新冠肺炎疫苗
8/5 Wed 週三	8:30am-11am	Strong Bones for Life: Understanding & Preventing Osteoporosis 終身強健骨骼： 認識與預防骨質疏鬆

Eastmoor Clinic Pharmacy Waiting Area 帝利市 Eastmoor 街診所藥房候診室 Sala De Espera De Pharmacia Clinica Eastmoor

Date 日期	Time 時間	Activity 活動
8/4 Tue 週二 Martes	9am-11:30am	Healthy Weight Management 健康體重管理 Manejo de Peso Saludable
8/4 Tue 週二 Martes	9am-11:30am	How Much Sodium Is in Your Food? 我的食物裡藏了多少鈉? ¿Cuánto sodio hay en tus alimentos?
8/7 Fri 週五 Viernes	1:30pm-4pm	Common Heart Problems 常見心臟問題 Problemas cardíacos comunes

Leland Clinic Waiting Area 三藩市訪谷區 Leland 街診所候診室

Date 日期	Time 時間	Activity 活動
8/6 Thur 週四	8:30am-11:30am	Neck-cessities for Pain Relief 緩解頸部疼痛

Linden Clinic Waiting Area 南三藩市 Linden 街診所候診室 Sala De Espera Clinica Linden

Date 日期	Time 時間	Activity 活動
8/3 Mon 週一 Lunes	1:30pm-4pm	Healthy Weight Management 健康體重管理 Manejo de Peso Saludable

Lundy Clinic Health Promotion Room 聖荷西 Lundy 街診所健康教育部

Date 日期	Time 時間	Activity 活動
8/6 Thur 週四	9:30am-11:30am	How Much Sodium Is in Your Food? 我的食物裡藏了多少鈉?
8/6 Thur 週四	9:30am-11:30am	Strong Bones for Life: Understanding & Preventing Osteoporosis 終身強健骨骼： 認識與預防骨質疏鬆
8/7 Fri 週五	1:30pm-3pm	Check Your Sugar, Protect Your Future 控制血糖，守護未來
8/7 Fri 週五	1:30pm-3pm	Flu & COVID Immunizations 流感和新冠肺炎疫苗

1400 Noriega Clinic First Floor Lobby 三藩市日落區 1400 Noriega 街診所一樓大堂

Date 日期	Time 時間	Activity 活動
8/4 Tue 週二	9am-12pm	Flu & COVID Immunizations 流感和新冠肺炎疫苗
8/4 Tue 週二	1:30pm-4pm	Neck-cessities for Pain Relief 緩解頸部疼痛

Ocean Clinic 三藩市海洋區 Ocean 街診所

Date 日期	Time 時間	Activity 活動
8/6 Thur 週四	1:30pm-4pm	Neck-cessities for Pain Relief 緩解頸部疼痛

Polk Clinic Waiting Area 三藩市田德隆區 Polk 街診所候診室

Date 日期	Time 時間	Activity 活動
8/3 Mon 週一	8:30am-11:30am	Healthy Weight Management 健康體重管理

2574 San Bruno Clinic Entrance 三藩市波特羅區 2574 San Bruno 街診所入口處

Date 日期	Time 時間	Activity 活動
8/3 Mon 週一	9am-11:30am	How Much Sodium Is in Your Food? 我的食物裡藏了多少鈉?
8/3 Mon 週一	1:30pm-4pm	Healthy Food Plate 健康餐碟

Stockton Clinic Health Promotion Room
三藩市華埠 Stockton 街診所健康教育部

Date 日期	Time 時間	Activity 活動
8/3 Mon 週一	8:30am-11:30am	Flu & COVID Immunizations 流感和新冠肺炎疫苗
8/3 Mon 週一	8:30am-11:30am	Strong Bones for Life: Understanding & Preventing Osteoporosis 終身強健骨骼： 認識與預防骨質疏鬆
8/3 Mon 週一	1:30pm-4:30pm	Neck-cessities for Pain Relief 緩解頸部疼痛
8/3 Mon 週一	1:30pm-4:30pm	Check Your Sugar, Protect Your Future 控制血糖，守護未來
8/4 Tue 週二	8:30am-11:30am	Check Your Sugar, Protect Your Future 控制血糖，守護未來
8/4 Tue 週二	1:30pm-4:30pm	Strong Bones for Life: Understanding & Preventing Osteoporosis 終身強健骨骼： 認識與預防骨質疏鬆
8/5 Wed 週三	8:30am-11:30am	How Much Sodium Is in Your Food? 我的食物裡藏了多少鈉？
8/5 Wed 週三	8:30am-11:30am	Healthy Weight Management 健康體重管理
8/5 Wed 週三	1:30pm-4:30pm	Flu & COVID Immunizations 流感和新冠肺炎疫苗
8/5 Wed 週三	1:30pm-4:30pm	Common Heart Problems 常見心臟問題
8/5 Wed 週三	1:30pm-4:30pm	Strong Bones for Life: Understanding & Preventing Osteoporosis 終身強健骨骼： 認識與預防骨質疏鬆
8/6 Thur 週四	8:30am-11:30am	Common Heart Problems 常見心臟問題
8/6 Thur 週四	1:30pm-4:30pm	Healthy Weight Management 健康體重管理
8/7 Fri 週五	8:30am-11:30am	Healthy Food Plate 健康餐碟
8/7 Fri 週五	1:30pm-4:30pm	How Much Sodium Is in Your Food? 我的食物裡藏了多少鈉？

Story Clinic
聖荷西 Story 街診所

Date 日期	Time 時間	Activity 活動
8/6 Thur 週四	1:30pm-3pm	How Much Sodium Is in Your Food? 我的食物裡藏了多少鈉？
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8/7 Fri 週五	9:30am-11:30am	Check Your Sugar, Protect Your Future 控制血糖，守護未來
8/7 Fri 週五	9:30am-11:30am	Flu & COVID Immunizations 流感和新冠肺炎疫苗

Sullivan Clinic Suite 150
帝利市 Sullivan 街診所 150 室

Date 日期	Time 時間	Activity 活動
8/4 Tue 週二	1:30pm-4pm	Healthy Weight Management 健康體重管理
8/4 Tue 週二	1:30pm-4pm	How Much Sodium Is in Your Food? 我的食物裡藏了多少鈉？
8/7 Fri 週五	8:30am-11:30am	Common Heart Problems 常見心臟問題



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.

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NORTH EAST
MEDICAL SERVICES
東 北 醫 療 中 心

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