

Healthy Eating

The Latest News on Healthy Eating!
FREE Classes for everyone age 18+
Space is Limited - Register Now!

To register or have questions, please call:
1-888-500-1886 ext. 5843
You will receive a giveaway if you
attend all four **"Healthy Eating" Classes**

健康飲食

隆重推介：健康飲食的最新資訊！
免費健康課程，歡迎18歲以上人士參加
名額有限，請即致電報名！

報名或查詢請致電：
1-888-500-1886 轉內線 5843
如果您參加全部四堂「健康飲食」課程，
您會得到一份贈品！

Location: 728 Pacific Ave., Room 117
San Francisco, CA 94133
地點: 三藩市柏思域街 728 號 117 室

Language: Cantonese
語言: 粵語



What Is A Healthy Diet? 什麼是健康飲食?

Date: 1/21/2026 (Wednesday)
日期: 2026年1月21日(週三)

Time: 10am-11am
時間: 上午 10 時至 11 時

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Nutrient Lacking in Asian Diets 亞裔飲食中缺乏的營養素

Date: 1/28/2026 (Wednesday)
日期: 2026年1月28日(週三)

Time: 10am-11am
時間: 上午 10 時至 11 時

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Food Labels 營養標籤

Date: 2/04/2026 (Wednesday)
日期: 2026年2月4日(週三)

Time: 10am-11am
時間: 上午 10 時至 11 時

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Know the Sugar, Choose Your Drink 糖份和適合你的飲品

Date: 2/11/2026 (Wednesday)
日期: 2026年2月11日(週三)

Time: 10am-11am
時間: 上午 10 時至 11 時

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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.



**NORTH EAST
MEDICAL SERVICES**
東北醫療中心

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