

Health Education Workshops/ 健康教育課程

At AAMG, we believe in inspiring our members and educating them to participate in self-care management along with the collaborating with their healthcare providers. Therefore, we offer an array of free education opportunities such as classes, workshops and seminars to meet the demands of our members and the public. To sign up, please call 415.216.0088 ext 2887 在 AAMG, 我们相信教育會員与鼓勵他们参加自我-护理以及与主動与他们的醫生搭配。因此, 我们提供了一阵列的免费教育机会, 例如课程、讲习班和讨论会, 來满足我们的成员和公众。請註冊, 撥打 415.216.0088 轉 2887

| Workshops / 讲习班 | Schedule & Location / 時間表地點 |
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| Weight Management Essential / 基本 | 2/14/17, 12-1:30 pm, Cumberland Presbyterian Church 865 Jackson St, San Francisco, CA 94133 |
| Weight Management Essential / 體重管理基本 | 3/9/17, 11 -12 pm, Cumberland Presbyterian Church 865 Jackson St, San Francisco, CA 94133 |
| Disease prevention & Nutrition Essential / 疾病預防&基本營養 | 4/4/17, 2:30am-3:30pm, Imperial Palace Restaurant |
| Disease prevention & Exercise Essential / 疾病預防&基本鍛煉 | 4/11/17, 2:30am-3:30pm, Imperial Palace Restaurant |
| Disease Prevention & Lowering Cholesterol Essential 預防 & 降低膽固醇基本 | 4/18/17, 2:30am-3:30pm, Imperial Palace Restaurant |
| Blood pressure & Exercise 血壓和鍛煉 | 4/13/17 11-11:45pm, Cumberland Presbyterian Church -- 865 Jackson St, San Francisco, CA 94133 |
| Prediabetes & Diabetes Prevention 預防 & 糖尿病預防/前驅糖尿病 | 4/25/17, 2:30am-3:30pm, Imperial Palace Restaurant |

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| Diabetes Prevention/Prediabetes / 糖尿病預防/前驅 糖尿病 | 5/16/17, 1:45-2:30pm, Cumberland Presbyterian Church -- small chapel, 865 Jackson St, San Francisco, CA 94133 |
| How to Lower Cholesterol / 降低膽固醇 | 5/11/17, 11-11:45pm, Cumberland Presbyterian Church -- 865 Jackson St, San Francisco, CA 94133 |
| Diabetes Prevention 糖尿病預防 | 5/25/17 11-12 pm, YMCA Chinatown |
| Healthy Meal Planning & Grocery Shopping Tips 健康膳食计划 | 6/20/17 5:45-6:30 Broadway-Sansome Apartment, Chinatown CDC |
| Nutrition & Exercise 基本營養 & 鍛煉 | 6/22/17 11 -12pm, Cumberland Presbyterian Church -- small chapel, 865 Jackson St, San Francisco, CA 94133 |
| Beginning Tobacco Cessation I / 開始戒菸 | 6/21/17, 2-3pm, 445 Grant Ave Suite 300 SF CA |
| Healthy Cooking Class and Nutrition Tips / 健康烹飪班和營養提示 | 7/11/17 3:30-4:30pm Chinese Newcomers Service Center 777 Stockton St #104 San Francisco |
| Healthy Cooking Class and Nutrition Tips / 健康烹飪班和營養提示 | 7/18/17 3:30-4:30pm Chinese Newcomers Service Center 777 Stockton St #104 San Francisco |
| Healthy Cooking Class and Nutrition Tips / 健康烹飪班和營養提示 | 7/6/17 11-12pm YMCA Chinatown 2 nd floor |
| 4 Types of Exercises / 4 種功能鍛煉 | 7/7/17 1-2pm Mei Lun Yuen |

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| Weight Bearing Exercise and Exercise for Relaxation / 承重運動和放鬆鍛煉 | 7/11/17 1-2pm Mei Lun Yuen |
| The Benefits of Probiotics and Prebiotics Make Yogurt parfait / 益生菌和益生元的益處 做酸奶冷凍 | 7/15/17 1:30-2:30 YMCA of Chinatown |
| What Types of Exercises Can Prevent Falls and What to Eat After Exercises for the Elderly / 什麼類型的練習可以預防跌倒和鍛煉後吃什麼 | 7/12/17 2:50-3:50pm Self-Help for the Elderly, 1483 Mason St SF |
| Tobacco Cessation II / 戒菸 II | 7/25/17 12-1pm, 445 Grant Ave Suite 300 SF CA |
| Weight Bearing Exercise and Exercise for Relaxation / 承重運動和放鬆鍛煉 | 7/21/17 1:30 -2:30 Chinese Newcomers Service Center 777 Stockton St #104 San Francisco |
| Weight bearing exercise and exercise for relaxation / 承重運動和放鬆鍛煉 | 7/28/17 1:30 -2:30pm Chinese Newcomers Service Center 777 Stockton St #104 San Francisco |
| Healthy Cooking Class and Nutrition Tips / 健康烹飪班和營養提示 | 7/30/17 1:30-2:30 Glorious Life Christian Church |
| Diabetes Prevention/Prediabetes / 糖尿病預防/前驅糖尿病 | 8/11/17 11-12pm Senior Center Presidio Apt San Francisco |
| Diabetes Prevention/Prediabetes / 糖尿病預防/前驅糖尿病 | 8/15/17 1-2pm Chinese Newcomers Service Center 777 Stockton St #104 San Francisco |

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| <p>How to Control Blood Pressure through Lifestyle Modification 如何通過生活方式改變來控制血壓</p> | <p>8/18/17, 11-12pm, Cumberland Presbyterian Church -- small chapel, 865 Jackson St, San Francisco, CA 94133</p> |
| <p>How to Control Blood Pressure through Lifestyle Modification 如何通過生活方式改變來控制血壓</p> | <p>8/22/17 3-4pm, 848 Kearny St SF Elderly Housing</p> |
| <p>The Benefits of Probiotics and Prebiotics Make Yogurt parfait / 益生菌和益生元的益處 做酸奶冷凍</p> | <p>8/18/17, 11-12pm, Cumberland Presbyterian Church -- small chapel, 865 Jackson St, San Francisco, CA 94133</p> |
| <p>Weight bearing exercise and exercise for relaxation / 承重運動和放鬆鍛煉</p> | <p>9/13/17 2:50-3:15 pm Self-Help for the Elderly, 1483 Mason St SF</p> |
| <p>Nutrition & Exercise 基本營養 & 鍛煉</p> | <p>9/22/17 11-12pm, Cumberland Presbyterian Church -- small chapel, 865 Jackson St, San Francisco, CA 94133</p> |
| <p>How to Control Blood Pressure through Lifestyle Modification 如何通過生活方式改變來控制血壓</p> | <p>9/21/17 12:30-1:30 YMCA Chinatown</p> |
| <p>How to lower Cholesterol / 降低膽固醇</p> | <p>9/29/17 5-6pm YMCA Chinatown</p> |
| <p>How to Maintain Healthy Blood Pressure/ 如何維持健康血壓/</p> | <p>10/19/17 12:30-1:30 YMCA Chinatown</p> |
| <p>How to Maintain Healthy Blood Pressure/ 如何維持健康血壓/</p> | <p>10/20/17 11-12 Cumberland Presbyterian Church</p> |

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| Nutritious Cooking for Family / 家庭營養烹飪 | 10/20/17 5-6 pm YMCA Chinatown |
| Improve Memory /改善記憶力 | 11/8/17 2:50 – 3:15 Self-Help for the Elderly 1483 Mason St SF |
| Nutritious Cooking for Family / 家庭營養烹飪 | 11/16/17 12:30-1:30 YMCA Chinatown |
| How to lower Cholesterol /降低膽固醇 | 11/17/17 11-12pm Cumberland Presbyterian Church |
| Healthy Meal Planning & Grocery Shopping Tips/ 健康膳食计划 | 11/17/17 5-6 pm YMCA Chinatown |
| Weight Management Essential / 體重管理基本 | 12/15/17 11-12pm Cumberland Presbyterian Church |