

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 collaboration 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，我們相信鼓勵我們的會員並促進他們參與自我健康管理以及與他們的醫療保健提供者合作。因此，我們提供一系列的免費的教育機會，例如營養課程，工作坊和研討會，以配合會員和市民的需要。如果想報名參加，請致電415.216.0088內線2887

Workshops/健康課程專題	Date 日期	Time 時間	Location /地點
Fall Prevention and Exercise/預防跌倒和鍛煉	1/9/18	1:30 - 2:30 pm	Cumberland Presbyterian Church. 865 Jackson St, San Francisco, CA 94133
Heart Attack Prevention /預防心臟病發	1/30/18	1 - 2 pm	777 Stockton St. Rm 108. San Francisco, CA 94108
How to Improve your Sleep/如何改善你的睡眠	3/8/18	11-12p m	Cumberland Presbyterian Church. 865 Jackson St, San Francisco, CA 94133
Diabetes Prevention and Management 1/ 糖尿病和前期糖尿病預防1: <ul style="list-style-type: none"> • Define diabetes, cardiovascular disease and identify your own type of diabetes了解糖尿病, 心血管疾病和確定你自己的糖尿病類型 • Role of diet - balance eating and portion size control飲食 - 平衡飲食和份量控制 • Understand on reading the nutrition label了解閱讀營養標籤 	1/16/18 2/27/18 4/3/18 5/8/18 6/12/18	1 - 2 pm	777 Stockton St. Rm 108. San Francisco, CA 94108

<p>Diabetes Prevention and Management 2/ 糖尿病和前期糖尿病預防2:</p> <ul style="list-style-type: none"> • Nutrients in food groups: affect your blood glucose, cholesterol, weight & overall health • 食物組的營養素：影響你的血糖，膽固醇，體重和整體健康 • Benefit of doing 150 minutes/week of exercises每週運動150分鐘的好處 • 4 types of exercises (aerobic, lifting, flexibility, balancing) 4種類型的練習（有氧，提升，彈性，平衡） 	<p>1/23/18 3/6/18 4/10/18 5/15/18 6/19/18</p>		<p>777 Stockton St. Rm 108. San Francisco, CA 94108</p>
<p>Diabetes Prevention and Management 3/ 糖尿病和前期糖尿病預防3:</p> <ul style="list-style-type: none"> • Identify what is carbohydrate and basic carbohydrate counting 識別什麼是碳水化合物和簡單碳水化合物計數 • Identify what is protein and food list of protein 識別什麼是蛋白質和蛋白質食物的名單 • Identify what is fat and distinguish between the effect of saturated, unsaturated & trans fat • 識別什麼是脂肪，區分飽和脂肪，不飽和脂肪和反式脂肪的效果 • State when and how to check blood pressure & blood glucose 何時檢查和怎樣量血壓和血糖 	<p>2/6/18 3/13/18 4/17/18 5/22/18 6/26/18</p>	<p>1 - 2 pm</p>	<p>777 Stockton St. Rm 108. San Francisco, CA 94108</p>

<p>Diabetes Prevention and Management 4/ 糖尿病和前期糖尿病預防4:</p> <ul style="list-style-type: none"> List the effects that stress may have on blood glucose列出壓力可能對血糖的影響 Ways to cope with stressful situation如何應對壓力的情況 Relaxation techniques - deep breathing舒緩放鬆 - 深呼吸 	<p>2/13/18 3/20/18 4/24/18 5/29/18 7/3/18</p>	<p>1 - 2 pm</p>	<p>777 Stockton St. Rm 108. San Francisco, CA 94108</p>
<p>Diabetes Prevention and Management 5/ 糖尿病和前期糖尿病預防5:</p> <ul style="list-style-type: none"> Purpose and action of diabetes medications糖尿病藥物的目的和行動 Side effect of diabetes medication糖尿病藥物的副作用 State the importance of accurate timing of diabetes medication 說明準時服食糖尿病藥物的重要性 Supplements and functional foods/補充劑和功能性食品 	<p>2/20/18 3/27/18 5/1/18 6/5/18</p>	<p>1 - 2 pm</p>	<p>777 Stockton St. Rm 108. San Francisco, CA 94108</p>