



2009 Harvest Carnival Health Day



We invite you & your family to join us

Date: October 17, 2009 (Saturday)
Time: 10:30 am - 4:30 pm
Location: Hope Lutheran Church & School
55 San Fernando Way, Daly City, CA 94015
[Additional parking available at the neighboring Seton Medical Center parking lot]
(Near Colma BART Station - Close to Seton Medical Center)

Prize Drawing

- Flat Screen Digital TV
- 8 weeks Summer Camp Admission – Hope Lutheran Church and School, valued at \$700-800
- 1 year admission to the Hope Lutheran Chinese School - Grades K-7, valued at \$600
- Rice Cooker
- DVD player
- Disaster Kit, valued at \$60
- Home-use CPR kit (including manikin and introduction DVD)
- Deluxe Gift Packages

Every participant will receive a **FREE** gift

Child Care will be provided for children ages 3-8. Space is limited, please register early.

To register, please call: **415-677-2473**



Health Seminars :

(All seminars are conducted in Cantonese. Interpretation headsets are available for the first 30 Mandarin-speaking attendees of each seminar)

10:30 am -11:30 am

- Common Eye Issues

12:30 pm - 1:30 pm Concurrent Sessions *

- Heart Health*
- Mental Well-Being*

2:30 pm - 3:30 pm Concurrent Sessions *

- Diabetes*
- Parenting Forum* (including topics on cultural conflict, language barriers, generation gap, discipline strategies, technology overuse, & etc)

Health Screenings :

(Must attend 1 seminar in order to qualify for 3 health screenings)

11:30 am – 12:30 pm

1:30 pm – 2:30 pm

3:30 pm – 4:30 pm

- Blood Glucose
- Blood Pressure
- Body Fat Analysis
- Body Mass Index
- Bone Density
- Cholesterol
- Clinical Breast Exam
- Hepatitis B
- Mental Health Assessment

Activities:

- Ask the Doctor
- Ask the Expert (Family & Personal Issues)
- Community Resources
- Nutrition Counseling
- Smoking Cessation



Title Sponsor

Children Activities: Jump House, Games, and More ...

Other Sponsors:

AANCART (NCI)
AlO drink
American Cancer Society
American Heart Association
American Red Cross - Bay Area Chapter
Asian Alliance Against Domestic Violence

Bayer
BioMedix
Bristol-Meyer-Squibb
California Transplant Donor Network
Chinese Community Cancer Information Center
Chinese Community Health Care Association

Chinese Hospital
Daly City Health Services
Eastwind Books & Arts, Inc.
Felton Institute of Family Service Agency
Inspire Pharmaceuticals
Roche

San Francisco Chinese Alliance Church
Sing Tao Chinese Radio
Sing Tao Daily
Sincere Care Medical Supply
Thrivent Financial for Lutherans
VitaSoy