



2016 Family eHealth Day

TO REGISTER PLEASE CONTACT:
1 (415) 677 – 2473
WWW.CCHRHEALTH.ORG

FREE

EVERY PARTICIPANT
WILL RECEIVE A FREE GIFT

PRIZE DRAWING

- BLOOD PRESSURE MONITOR
- ELECTRONIC FITNESS TRACKER
- EMERGENCY SURVIVAL KIT
- GIFT CARDS (AND MORE)

Media Sponsors:

- Sing Tao Daily/ Chinese Radio
- KTSF Channel 26

Event Sponsors:

- Chinese Hospital
- Sunset Health Services
- Walgreens

- Asian Alliance for Health
- California Lifeline
- Chinese American Citizens Alliance
- Community Youth Center
- BiometerPlus
- Bristol-Myers Squibb
- Portsmouth Plaza Parking Corporation
- Prevent Blindness Northern California
- SFDPH-Behavioral Health Services and Chinatown Child Development Center
- Sincere Care Medical Supply

DATE: SATURDAY, AUGUST 27, 2016

TIME: 10:00 AM – 4:00 PM

LOCATION:

SF CHINESE ALLIANCE CHURCH
1150 VICENTE STREET, SF, 94116
BETWEEN 22ND & 23RD AVE. (MUNI: 28, 66 & L TARAVAL)

SEMINARS (All seminars will be conducted in Cantonese. Interpretation headsets are available for the first 40 Mandarin-speaking attendees.)

INTERNET & HEALTH (10:00 AM – 11:30 AM)

- Understand and make use of the features of your smart phone and tablet computer
- Learn how to access the internet and use WeChat
- Learn how to find, filter and analyze information online

DIABETES PREVENTION (1:00 PM – 2:30 PM)

ACTIVITIES

- Ask the Doctor
- Community Resources
- Hands Only CPR
- Nutrition Counseling
- Pedestrian Safety Information
- Technology One-On-One Training Stations
 - Mobile Text Messaging
 - Tablet Computer

HEALTH SCREENINGS

(Must attend 1 seminar to qualify for 2 health screenings)

11:30 AM – 1:00 PM

2:30 PM – 4:00 PM

- Bone Density
- Body Mass Index
- Blood Glucose
- Blood Pressure
- Cholesterol
- Pulse Oximetry

GIVE AWAYS

- Federal Government Free Cell Phone Program
\$0 Zero Monthly Fee (Eligibility Required)
- Reading Glasses (Vision Assessment Required)

TAKE CHARGE OF YOUR HEALTH

