



Chinese Community
Health Resource Center
www.cchrhealth.org



San Francisco
Chinese Alliance Church

2010 Chinese Community eHealth Day

Take charge of Your Health Through Technology

Date: Saturday, September 11, 2010

Time: 10:00 am to 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 30 Mandarin-speaking attendees of each seminar.)

- 10:00 am - 11:00 am
Introduction to Computer and Text Messaging Basics
- 12:00pm - 1:00pm
Introduction to Internet Browsing
- 2:00pm - 3:00pm
How to Identify Credible Online Health Information/Resources and Internet Security

Activities

- Ask the Doctor
- Community Resources
- Nutrition Counseling
- One-on-One Computer Training Stations

To register please call:
(415) 677 - 2473

FREE

Every participant will receive a FREE gift

Prize Drawing

- iPad
- Dell Inspiron Mini NetBook
(Sponsored by CCHP)
- DVD Player
- Gift Card
- Deluxe Gift Packages

Health Screenings

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

11:00 am - 12:00 pm
1:00 pm - 2:00 pm
3:00 pm - 4:00 pm

- Bone Density- Osteoporosis
- Blood Glucose- Diabetes
- Blood Pressure- Hypertension
- Cholesterol
- Hepatitis B



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