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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CCHP

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