

# Community Health News 社區健康資訊

*Care, in your community* | 時刻護您社區

2023 Q1  
JAN - MAR

2023年第一季  
一月至三月



## Season's Message 本季資訊



The holiday season is here! It's a time to be thankful and look forward to the possibilities in the upcoming year. Holidays are a joyful time to be with loved ones and enjoy each other's company. It can also be stressful so it's a good idea to be watchful and take simple precautions.

Since COVID-19 pandemic hasn't gone away, getting up-to-date with seasonal flu shots, vaccinations, Omicron boosters, and taking sensible precautions is the best way to protect yourself and your loved ones from infections and severe illness. Holidays can also be a time when you can feel down. The 9-8-8 Crisis Lifeline can help. People can call or text when they experience mental or emotional distress, or visit [988lifeline.org](https://www.988lifeline.org).

Other ways to stay healthy includes eating more fruit and veggies, getting outdoors in the daytime to load up on your vitamin-D intake, making sure you drink plenty of water or liquid to stay hydrated, and try to get better sleep. All these are proven ways to lift yourself up from the effects of winter.

At CCHP, we want you to be healthy, well, and safe. Be sure to consult your doctor or Member Services. We have excellent tools to help you.

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節日將至！現在是時候讓我們去感恩我們身邊的人，同時預備迎接來年新的可能性。雖然節日可以讓我們與親友共聚，分享喜悅，但有時候亦可能會帶來一點壓力。幸而，您可以先採取簡單的行動去保持心理健康。

疫情尚未完結，要保護自己及身邊的人免受感染或預防重症，最好的方法便是接種最新的新冠疫苗、流感疫苗及升級版新冠加強針。此外，節日當前，若您感到情緒低落或受節日情緒困擾，您可以撥打或發送短信至**9-8-8**聯絡全美預防自殺熱線，您亦可以到**[988lifeline.org](https://www.988lifeline.org)** 尋求協助。

想保持身體健康，您可以多進食蔬果、多喝水、到戶外曬太陽吸收維他命 D 及保持充足的睡眠。這些方法都可以有效幫助您擺脫冬季憂鬱。

CCHP 致力助您維持身體健康及保障您的安全。如有任何需要，您可以聯絡您的醫生或會員服務部，我們樂意為您提供協助。



# CCHP Message to Members

## 會員重要資訊



### Staying Vaccine Wise for the Holidays

As winter approaches, CCHP would like to remind you it is especially important to stay up to date with vaccinations against both the influenza (flu) and COVID-19. Getting vaccinated not only protects you and your loved ones this holiday season, but also significantly lowers your risk of developing severe illness, hospitalization, and death if you get infected.

#### Did You Know?

The FDA has recently approved a bivalent COVID booster, which better defends against more recent variants like Omicron, for anyone five years and older (for Pfizer) or six years and older (for Moderna). This booster is available at your local pharmacy to anyone who has completed his or her primary vaccination series, or received the original monovalent booster at least two months earlier.

#### Two Shots are Safe and can Save Time

According to the CDC, studies have shown it is safe to receive both the flu shot and COVID vaccine at the same appointment. Regardless of which monovalent COVID booster you received previously, it is recommended that the new bivalent COVID booster be given to provide additional protection. Don't delay your vaccinations and make sure to stay healthy this holiday season!

### 接種疫苗為即將來臨的節日假期作好準備

隨著冬季臨近，CCHP提醒您應了解流感及新冠疫苗接種的最新消息。接種疫苗不單止可以在這個假期保護您及家人，還可以顯著降低感染後出現較嚴重的併發症、住院甚至死亡的風險。

#### 您知道嗎？

食品藥物管理局(FDA)最近批准了一種新配方的新冠加強劑，它可以更有效預防最新變種病毒如Omicron。新冠加強劑適用於5歲以上(輝瑞)或6歲以上(莫德納)人士。已完成第一輪疫苗接種，或距離上一劑加強針已超過2個月人士，均可到鄰近藥房接種新加強劑。

#### 同時接種兩針既安全又省時間

根據美國疾病控制及預防中心(CDC)，研究顯示同時接種流感及新冠疫苗是安全的。無論您之前接種任何一種新冠加強劑，都建議再接種新配方的加強劑以獲得額外保護。請盡快接種疫苗，確保自己有個安全及健康的假期！

### The Consumer Assessment of Healthcare Providers and Systems (CAHPS)

CAHPS survey evaluates your satisfaction and experience with the quality of the healthcare you receive. Each year, random groups of members are selected to participate in the CAHPS Survey. These surveys are administered between March – June, via mail, and finish off with telephone-assisted surveys for those who have not responded.

We at CCHP Health Plan want to thank all who received and responded to the CAHPS survey. It is our GOAL to be the best we can be for you, our Members. With your responses and feedback, we captured your voices. With each result, we look forward to another year of serving you with the gold-standard member experience you deserve.

### 醫療保健服務提供者與系統的消費者評估調查 (CAHPS)

CAHPS問卷會詢問您對醫療保健計劃及醫療提供者的體驗及滿意度之意見。每年會隨機抽出部份會員參加CAHPS問卷調查。這些問卷在3月至6月期間以郵件寄出，並對沒有回覆之人士以電話跟進並提供協助。

CCHP非常感謝所有完成及寄回問卷的會員，我們的使命是為您及各會員提供更好的服務質素。我們細心聆聽及逐一反映回覆。憑藉您們每一位的聲音，我們期待在來年再次為您提供應得的高質素體驗。



## Lunar New Year

The Chinese Community Health Resource Center (CCHRC) would like to wish you a healthy, happy, and prosperous Year of the Rabbit!

Enjoy Lunar New Year, but please remember to celebrate in a safe and healthy way!

1. Avoid large social gatherings.
2. Give fruit, nuts, plants, and tea as gifts.
3. Drink water or tea instead of alcohol.
4. Include these healthy and lucky foods in your celebration:
  - **Fish** = Surplus
  - **Chicken** = Increased success and wealth
  - **Vegetables** = Harmony and wealth
  - **Red fruits and vegetables** = Abundance of good fortune
  - **Steamed foods** = Prosperity
  - **Apples** = Safe and sound
  - **Tangerines** = Good luck
  - **Peaches** = Finding love
  - **Pears** = Good luck
  - **Dried black moss (Fat choy)** = Prosperity, wealth, and job promotion
  - **Lotus seeds** = Childbirth and good luck
  - **Dried oysters** = Good fortune
  - **Noodles** = Longevity

### Online Bilingual Articles

Tips for a Healthy Holiday Season

<https://www.cchrchealth.org/healthy-eating-during-holidays/>

## 恭賀新禧

華人社區健康資源中心恭祝各位兔年身體健康、幸福快樂、萬事如意！

與家人及親友聚首慶祝新春的同時，亦希望大家能夠保持安全及健康。

1. 避免大型社交聚會。
2. 送水果、果仁、植物或茶作為賀年禮物。
3. 以水或茶代替含酒精飲品。
4. 在慶祝活動中可加入健康又好意頭的食品：
  - **魚** = 年年有餘
  - **雞** = 飛黃騰達
  - **菜** = 和氣生財、財源廣進、八方來財
  - **紅色的蔬菜水果** = 洪福齊天
  - **蒸的食物** = 蒸蒸日上
  - **蘋果** = 平平安安
  - **柑橘** = 大吉大利、吉祥如意
  - **桃** = 桃花運
  - **梨** = 大吉大利、利利是是
  - **髮菜** = 恭喜發財、升官發財、發財好事
  - **蓮子** = 連生貴子、好運連連
  - **蠔豉** = 發財好事
  - **麵** = 長壽

網上雙語文章：

假期飲食須知

<https://www.cchrchealth.org/tw/healthy-eating-during-holidays/>



# Balancing Western Medicine with Eastern Remedies

## 東方中醫療法與西藥的平衡



### Using Traditional Chinese Medicine for Stress Management

Nowadays, we constantly hear that people are under a lot of stress. Stress not only affects our health, but also our life and career. More people are looking to acupuncture and herbs to help with or reduce stress symptoms.

As the old Chinese saying goes, "where water flows there's no stagnation." Good health relies on the free flow of "Qi" and body fluids. Unhealthy lifestyle, physical, or emotional traumas can interrupt the flow. Acupuncture treatments can smooth body energy.

There is an exercise that we can use daily to help manage our stress symptoms:

Place your palms on your ribcage area. Move both hands back and forth in a rubbing motion for 10 seconds, 2-3 times per day. This exercise is suitable for everyone who is suffering from stress.

This is a general guideline. Please see a TCM practitioner to find one tailored to your individual health.

Article provided by Joyce He, L.Ac., Licensed Acupuncturist at Chinese Hospital East West Health Services.

### 中醫緩解壓力

我們最近經常聽到很多人一直承受著很大壓力。壓力不僅影響健康，也影響生活及工作。越來越多人在尋求針灸及中藥來緩解或減輕壓力症狀。

古語有云「川流不息」，健康有賴於「氣」及體液流動。不健康的生活方式或身心受損都會導致氣滯。而針灸治療可以改善身體的能量。

每天進行以下的部位按摩亦可以緩解壓力：

將雙手放在肋骨部位，用手掌來回搓揉10秒，每天2-3次。這個部位按摩是適合所有承受著壓力人士。

以上僅供參考。請諮詢持牌中醫師以找到適合您健康的治療計劃。

資料由東華醫院中西醫學門診 - 何欣針中醫針灸師提供。

## Healthy Exercise Tips 健康運動小貼士

### Step Up Exercise

This exercise strengthens your leg muscles and improves balance.

1. Step your entire left foot onto the platform (about 6 inches high).
2. Lift your right foot off the floor, let it hang loosely off the platform and hold for 3 to 5 seconds.
3. Slowly lower your hanging right foot to the floor, then bring your other foot down.
4. Repeat with other foot.

### 腿部提升運動

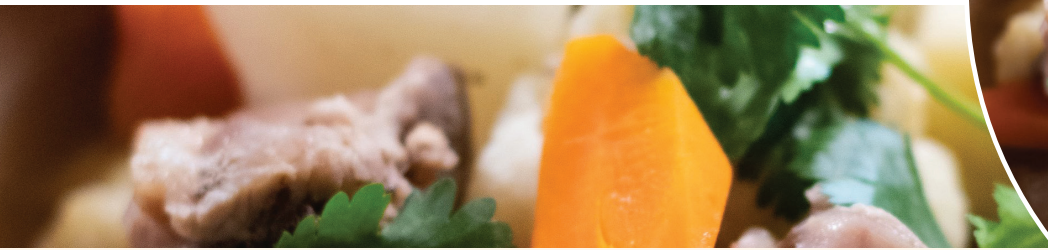
這項運動可增強腿部肌肉，改善平衡。

1. 左腳踏上平台（約6寸高）
2. 右腳離地，放鬆地懸空並持續3至5秒。
3. 右腳慢慢放下地上，左腳亦跟著回落地上。
4. 另一隻腳重覆以上動作。



# Eat Well, Live Well Recipe

## 東華醫院註冊營養師健康美食推介食譜



### Braised Daikon with Pork Ribs

#### Ingredients (4 servings):

1 lb, Pork Ribs (cut 1-2" chunks)	1 cup, Cauliflower (cut into small chunks)
2 cups, Daikon Radish (peeled and cut into small chunks)	1 tbsp, fish Sauce
1/4 lb, Carrot (peeled and cut into small chunks)	1/8 tsp, Ground Black Pepper
1 tbsp, Dried Shrimp	1/4 cup, Shallots (minced)
	1 tbsp, Cooking Oil
	1 bunch, Scallions (cut into 1" segments)
	4 cups, Chicken Stock (or water)

#### Instructions:

1. Rinse the pork ribs under running water, then remove any excess water.
2. Marinate the pork ribs in a medium bowl with fish sauce, ground black pepper, and minced shallots. Marinate for 5 minutes.
3. Heat a medium pot over medium-high heat with 1 tbsp. cooking oil.
4. Once oil shimmers, gradually add the marinated pork ribs.
5. Sear the pork ribs until brown on both sides (3-5 minute)
6. Add the 4 cups of water bring to a simmer.
7. Add the dried shrimp, scallions, and veggies (carrots, daikon, and cauliflower).
8. Bring the pot back to a simmer.
9. Skim all the impurities from surface with a ladle.
10. Simmer the pot for 15 minutes and serve immediately.

Recipe courtesy of Chef Tu David Phu  
Full recipe <https://cheftu.com/recipe/recipe/canhcucai>

Nutritional Information Provided by Chinese  
Hospital Registered Dietitian.

### 蘿蔔炆排骨

#### 材料：(4人份量)

排骨 1 磅 (切塊約1至2寸)	黑胡椒粉 1/8 茶匙
白蘿蔔 2 杯 (去皮, 切塊)	蒜蓉 1/4 杯
紅蘿蔔 1/4 磅 (去皮, 切小塊)	油 1 湯匙
蝦乾 1 湯匙	蔥 1 束 (切成小段約1寸)
椰菜花 1 杯	清雞湯 4 杯 (可用清水)
魚露 1 湯匙	

#### 做法：

1. 排骨洗淨瀝乾，備用。
2. 以魚露、黑胡椒粉和蒜蓉醃5分鐘。
3. 用中大火熱鍋加油。
4. 油滾，慢慢加入醃好的排骨。
5. 將排骨兩面煎至金黃 (3-5 分鐘)
6. 落4杯清雞湯或水。
7. 放入蝦米、蔥、白蘿蔔、紅蘿蔔及椰菜花，煮沸。
8. 撇去浮在表面的雜質。
9. 再燜15分鐘即成。

食譜由 Chef Tu David Phu 提供  
如需完整食譜，可到 <https://cheftu.com/recipe/recipe/canhcucai> 查看。

營養資料由東華醫院註冊營養師提供。

#### Nutrition information per serving

##### 每份量含以下營養

Calories 卡路里：366 kcal	Potassium 鉀：558 mg
Protein 蛋白質：25 g	Phosphorus 磷：245 mg
Total Fat 脂肪：26 g	Vitamin C (維他命 C)：23 mg
Cholesterol 膽固醇：107 mg	Magnesium 鎂：38 mg
Sodium 鈉 (鹽)：777 mg	Folate 葉酸：34 mcg
Fiber 纖維：2.3 g	
Carbohydrates 碳水化合物：8 g	

Software 分析軟件：Nutritionist Pro





## What is Video Visit?

Video visits are face-to-face virtual appointments with your doctor but from the comfort and safety of your home or anywhere convenient to you. It's convenient without worrying about traffic, parking, or your schedule. During the pandemic, it has become a widely-used alternative to in-person visits. Patients can use a smartphone, tablet, or computer to get the health care they need.

Video visits offer a variety of care and services with the same quality as in-person care, such as primary care, follow-up visits, mental health services, pain management, and medication monitoring. Your provider will decide whether a video visit is right for your health needs.

In most cases, video visits are covered by your health plan and have a co-pay similar to an in-office visit. If you are a CCHP member, contact CCHP Member Services about your coverage.

With the weather getting colder and flu season approaching, if you are feeling unwell, you can try to schedule a video visit appointment with us by calling 1-628-228-2828.

*Information provided by Chinese Hospital and Clinics.*

## 什麼是視頻會診？

您可以在家中或任何地方，舒適又安全地透過視頻來面對面諮詢醫生有關您的健康問題。使用視頻會診，您毋須擔心交通、泊車或日程安排，非常方便。在疫情期間，它被廣泛使用來代替親身到診所就診。您可使用智能手機、平板電腦或電腦來獲得所需醫療服務。

視頻會診提供相同護理及服務質量，服務包括一般護理、跟進、心理健康、疼痛管理及藥物管理。您的醫生會決定視頻會診是否適合您的健康需要。

在大多數情況下，您的醫療保險會承保視頻會診服務，自付費與診所就診的自付費類似。如果您是CCHP會員，您可以聯絡我們的會員服務中心來了解保障範圍。

流感季節將至，如感到不適，您可以嘗試使用視頻會診服務。東華醫院及診所預約電話：1-628-228-2828。

資料由東華醫院及診所提供。

# Health, Wellness, Fitness and Educational Class Schedule

2023 Q1  
JAN - MAR

## HEALTH EDUCATION CLASSES SPONSORED BY CCHRC

Registration: 1-415-677-2473



## CLASSES PROVIDED BY CHINESE HOSPITAL

Registration: 1-415-677-2458



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE VIDEO VISIT 1-415-677-2473	1/5/2023	Thur	1:00pm	2:30pm	•			Coronary Artery Disease	<ul style="list-style-type: none"> <li>Risk factors for coronary artery disease</li> <li>Prevention and treatment of coronary artery disease</li> </ul>
	1/17/2023	Tue	1:00pm	2:30pm	•			Stroke Prevention	<ul style="list-style-type: none"> <li>Types of stroke</li> <li>Warning signs and risk factors of stroke</li> <li>Prevention and treatment of stroke</li> </ul>
	2/9/2023	Thur	1:00pm	2:30pm	•			Depression	<ul style="list-style-type: none"> <li>What is depression</li> <li>Causes, symptoms and treatment of depression</li> </ul>
	2/21/2023	Tue	1:00pm	2:30pm	•			Insomnia	<ul style="list-style-type: none"> <li>What is insomnia?</li> <li>Causes, symptoms and treatment of insomnia</li> </ul>
	3/9/2023	Thur	1:00pm	2:30pm	•			COPD	<ul style="list-style-type: none"> <li>What is COPD?</li> <li>Medications and self-care</li> </ul>
	3/21/2023	Tue	1:00pm	2:30pm	•			Colorectal Cancer	<ul style="list-style-type: none"> <li>Risk factors for colorectal cancer</li> <li>Ways to reduce colorectal cancer risks</li> <li>Colorectal cancer screening methods</li> </ul>
ONLINE VIDEO VISIT 1-415-677-2458	CALL FOR APPOINTMENTS	Wed Thur	3:00pm	4:00pm	•			*National Diabetes Prevention Program	<p>Participants will learn the skills needed to lose weight, become more physically active, and manage stress, to prevent or delay on set of type 2 diabetes (FREE to CCHP members and Chinese Community Health Services patients, \$220 for everyone else). <b>Note: Dates and times are subject to change.</b></p>

## PERINATAL CLASSES CLASSES PROVIDED BY CHINESE HOSPITAL | Registration: 1-415-677-2458



ONLINE VIDEO VISIT 1-415-677-2458	CALL FOR APPOINTMENTS	Mon Thur	1:30pm	2:30pm	•	•		Preparing for Babies	<ul style="list-style-type: none"> <li>How to prepare a pediatric medical home for the baby</li> <li>What to expect at the hospital after the baby is born</li> <li>How to care for the baby when they go home</li> <li>Oral care and breastfeeding</li> </ul>
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**Health Education Class:**  
Fee: FREE

**Perinatal Class:**  
Fee: FREE

**NOTE:** If less than 5 students register, the class will be cancelled.

**National Diabetes Prevention Program**

**In-Person Fitness Class:** Chinatown YMCA  
855 Sacramento Street, San Francisco, CA 94108

**NOTE:** Classes are FREE for CCHP members only. Pre-registration before 12/2/2022 is required. If less than 5 students register, the class will be cancelled. Dates and times are subject to change. In order to allow fair access, CCHP members may register for up to four classes each quarter. Beyond four classes, members can enter their name on a waiting list. If there are still spaces available, members will be contacted and added to the additional classes. Proof of vaccination and masking are Required.

Check for updates on classes at [www.cchphealthplan.com/classes-and-events](http://www.cchphealthplan.com/classes-and-events)



## FITNESS CLASSES

**FREE TO CCHP MEMBERS**

Registration: 1-415-677-2458 | [wellness@chasf.org](mailto:wellness@chasf.org)



LOCATION	DATE	DAY	TIME		LANGUAGE			CLASS	LEARNING OBJECTIVES
			START	END	E	C	M		
ONLINE VIDEO VISIT 1-415-677-2458	1/9, 1/16, 1/30, 2/6, 2/13, 2/27 3/6, 3/13	Mon	10:00am	11:00am	•			Yoga (All Level)	Develop strength, flexibility, breathing, alignment, and relaxation. Mixed level class. No previous experience is required. Bring a yoga mat or towel.
	1/9, 1/16, 1/30, 2/6, 2/13, 2/27 3/6, 3/13	Mon	11:00am	12:00pm	•			Tai Chi (All Level)	Build a healthy body and peaceful mind while learning a sequence of graceful steps from this centuries old martial art.
	1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23 3/2, 3/9, 3/16	Thur	10:15am	11:15am	•			Tai Chi (All Level)	Build a healthy body and peaceful mind while learning a sequence of graceful steps from this centuries old martial art.
	1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23 3/2, 3/9, 3/16	Thur	9:15am	10:15am	•			Qi Gong (All Level)	Strengthen joints and the immune system through the gentle, slow, elegant, smooth movements, balanced with relaxation and quietness. The imitation of the postures and movements of wild creatures improve the flexibility of the body and limbs and the motility of the muscles and bones.
IN-PERSON CLASS  CHINATOWN YMCA 1-415-677-2458  (Proof of vaccination and masking are Required)	1/10, 1/17, 1/24, 1/31 2/7, 2/14, 2/21, 2/28 3/7, 3/14	Tue	10:00am	11:00am	•			Qi Gong (All Level)	Strengthen joints and the immune system through the gentle, slow, elegant, smooth movements, balanced with relaxation and quietness. The imitation of the postures and movements of wild creatures improve the flexibility of the body and limbs and the motility of the muscles and bones.
	1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10, 3/17	Fri	10:00am	11:00am	•			Tai Chi (All Level)	Build a healthy body and peaceful mind while learning a sequence of graceful steps from this centuries old martial art.
	1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24, 3/3, 3/10, 3/17	Fri	11:00am	12:00pm				Yoga (All Level)	Develop strength, flexibility, breathing, alignment, and relaxation. Mixed level class. No previous experience is required. Bring a yoga mat or towel.

# 健康講座及健身課程時間表

2023年 第一季  
一月至三月

## 健康講座時間表

課程是由華人社區健康資源中心提供  
報名：1-415-677-2473



課程是由東華醫院提供  
報名：1-415-677-2458



地 點	日 期	星 期	時 間		語 言			講 座	課 程 須 知
			開始	結束	英	粵	國		
網上視像 課程 1-415-677-2473	1/5/2023	星期四	10:00am	11:30am		•		冠狀動脈疾病	<ul style="list-style-type: none"> <li>引起冠狀動脈疾病的因素</li> <li>如何預防及治療冠狀動脈疾病</li> </ul>
	1/17/2023	星期二	10:00am	11:30am		•		預防中風	<ul style="list-style-type: none"> <li>中風的類型</li> <li>中風的警告訊號及危險因素</li> <li>中風的預防及治療</li> </ul>
	2/9/2023	星期四	10:00am	11:30am		•		抑鬱症	<ul style="list-style-type: none"> <li>什麼是抑鬱症</li> <li>抑鬱症的原因, 症狀及治療方法</li> <li>什麼是失眠症</li> <li>失眠症的原因, 症狀及治療方法</li> </ul>
	2/21/2023	星期二	10:00am	11:30am		•		失眠症	<ul style="list-style-type: none"> <li>失眠症的原因, 症狀及治療方法</li> </ul>
	3/9/2023	星期四	10:00am	11:30am		•		支氣管炎和肺氣腫	<ul style="list-style-type: none"> <li>支氣管炎和肺氣腫</li> <li>藥物治療和自我護理方法</li> </ul>
	3/21/2023	星期二	10:00am	11:30am		•		大腸癌	<ul style="list-style-type: none"> <li>引起大腸癌的因素</li> <li>如何減低患大腸癌的機會</li> <li>大腸癌的檢查方法</li> </ul>
網上視像 課程 1-415-677-2458	請來電預約	星期三 星期四	2:00pm	3:00pm		•	•	國家糖尿病預防項目	<p>通過學習減輕體重、增加鍛煉、和管理壓力的各種技能，預防和延緩II型糖尿病的發病</p> <p>(該課程對華人保健會員和華康醫務中心病人免費開放，其他公眾收費 \$220 整套課程) 備註：日期及時間可能有更改</p>

## 婦產及嬰兒講座時間表

課程是由東華醫院提供 | 報名：1-415-677-2458



網上視像 課程 1-415-677-2458	請來電預約	星期一 星期四	1:30pm	2:30pm	•	•		為寶寶的到來做好準備	<ul style="list-style-type: none"> <li>新生父母指南</li> <li>新生兒須知</li> <li>如何護理新生兒</li> <li>口腔護理和母乳餵養</li> </ul>
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■ 健康講座：  
費用：免費

■ 婦產及嬰兒講座：  
費用：免費

備註：如果報名人數少於5人，該課程可能會被取消。

■ 國家糖尿病預防項目 親身授課健身班：華埠青年會  
855 Sacramento Street, San Francisco, CA 94108

備註：課程為華人保健計劃會員提供。健身課程需於2022年12月2日前註冊。如果報名人數少於5人，該課程會被取消。日期及時間可能有更改。為使每位會員都有機會參加健身課程，會員每季度只允許註冊4節課程。對其它有興趣的課程，會員需在等候名單上登記等候通知。親身授課需要提供完全接種疫苗證明和配戴口罩。

可上網查看健身班及健康講座的更新：[www.cchphealthplan.com/zh-hant/classes-and-events](http://www.cchphealthplan.com/zh-hant/classes-and-events)



## 健身班時間表

健身課程為華人保健計劃會員免費提供

報名：1-415-677-2458 | wellness@chasf.org



地 點	日 期	星 期	時 間		語 言			講 座	課 程 須 知
			開始	結束	英	粵	國		
網上視像 課程 1-415-677-2458	1/9, 1/16, 1/30 2/6, 2/13, 2/27 3/6, 3/13	星期一	10:00am	11:00am	•	•		瑜珈 (各級)	學習瑜珈能增強體力、促進身體柔軟度及平衡感、調息呼吸、並能讓身心放鬆。歡迎從未學過瑜珈人士報名，祇需攜帶瑜珈墊或毛巾。
	1/9, 1/16, 1/30 2/6, 2/13, 2/27 3/6, 3/13	星期一	11:00am	12:00pm	•	•	•	太極 (各級)	學習這門有百年歷史的古老武術，練習一系列優雅的招式步法，可以使您強健身心。
	1/12, 1/19, 1/26 2/2, 2/9, 2/16, 2/23 3/2, 3/9, 3/16	星期四	10:15am	11:15am	•	•	•	太極 (各級)	學習這門有百年歷史的古老武術，練習一系列優雅的招式步法，可以使您強健身心。
	1/12, 1/19, 1/26 2/2, 2/9, 2/16, 2/23 3/2, 3/9, 3/16	星期四	9:15am	10:15am	•	•	•	氣功 (各級)	八段錦由八節動作組成。側重舒展肢體，進而強健關節及自身免疫系統。特點為體勢動作輕柔舒緩，古樸高雅，剛柔並濟，動靜結合。五禽戲是一種中國導引術（傳統健身方法），由五種模仿動物的動作組成，有助於調理筋脈運行。
親身授課 華埠青年會 1-415-677-2458  需要提供 完全接種 疫苗證明和 配戴口罩	1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/7, 3/14	星期二	10:00am	11:00am	•	•	•	氣功 (各級)	八段錦由八節動作組成。側重舒展肢體，進而強健關節及自身免疫系統。特點為體勢動作輕柔舒緩，古樸高雅，剛柔並濟，動靜結合。五禽戲是一種中國導引術（傳統健身方法），由五種模仿動物的動作組成，有助於調理筋脈運行。
	1/13, 1/20, 1/27 2/3, 2/10, 2/17, 2/24, 3/3, 3/10, 3/17	星期五	10:00am	11:00am	•	•	•	太極 (各級)	學習這門有百年歷史的古老武術，練習一系列優雅的招式步法，可以使您強健身心。
	1/13, 1/20, 1/27 2/3, 2/10, 2/17, 2/24, 3/3, 3/10, 3/17	星期五	11:00am	12:00pm	•	•		瑜珈 (各級)	學習瑜珈能增強體力、促進身體柔軟度及平衡感、調息呼吸、並能讓身心放鬆。歡迎從未學過瑜珈人士報名，祇需攜帶瑜珈墊或毛巾。



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這季刊會注重每季度健康的主題和活動，對您，您的家人及親友都很有益。健康寶貴，分享無價。請您仔細閱讀及積極參與這些活動的同時，將這季刊在您的親友之間傳閱。如果您想索取更多副本或剔除您的郵寄地址，請致電1-415-834-2118，電郵 [Info@CCHPHealthPlan.com](mailto:Info@CCHPHealthPlan.com) 或上網瀏覽：

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## IMPORTANT CONTACTS 重要聯絡資料



Chinese Hospital  
Health System  
東華醫院醫療體系



CCHP Member Services  
CCHP 會員服務

**CCHP Member Services Center - Chinatown** **1-415-834-2118**  
CCHP 會員服務中心 - 華埠  
445 Grant Ave, San Francisco  
[www.CCHPHealthPlan.com/memberservices](http://www.CCHPHealthPlan.com/memberservices)

**CCHP Member Services Center - Daly City** **1-415-834-2118**  
CCHP 會員服務中心 - 帝利市  
386 Gellert Blvd, Daly City  
[www.CCHPHealthPlan.com/memberservices](http://www.CCHPHealthPlan.com/memberservices)

Health Education  
健康教育

**Chinese Community Health Resource Center** **1-415-677-2473**  
華人社區健康資源中心  
818 Jackson St, Unit 301, San Francisco  
[www.cchrhealth.org](http://www.cchrhealth.org)

Chinese Hospital  
東華醫院

**Chinese Hospital** **1-415-982-2400**  
東華醫院  
845 Jackson St, San Francisco  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

**Support Health Services** **1-415-677-2370**  
東華醫院健康服務中心  
845 Jackson St, Floor B1, San Francisco  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

**Chinese Hospital Outpatient Center** **1-650-761-3500**  
東華醫院門診中心  
386 Gellert Blvd, Daly City  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

Chinese Hospital Clinics  
東華醫院門診中心

**Sunset Health Services** **1-415-677-2388**  
日落區華康醫務中心  
1800 31st Ave, San Francisco  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

**Excelsior Health Services** **1-415-677-2488**  
外米慎區華康醫務中心  
888 Paris St, #202, San Francisco  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

**Gellert Health Services** **1-650-761-3500**  
Gellert 華康醫務中心  
386 Gellert Blvd, Daly City  
[www.chinesehospital-sf.org](http://www.chinesehospital-sf.org)

**East West Health Services** **1-415-795-8100**  
- Chinatown/Financial District  
中西醫學門診 - 華埠/金融區  
445 Grant Ave, Ground Floor, San Francisco  
[www.chewhs.org](http://www.chewhs.org)

**East West Health Services** **1-628-228-2280**  
- Excelsior  
中西醫學門診 - 外米慎區  
888 Paris St, #202, San Francisco  
[www.chewhs.org](http://www.chewhs.org)

**East West Health Services** **1-650-761-3542**  
- Daly City  
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