

關節炎概述

Arthritis Overview

2/13/2020
週四 Thursday
11:00-12:30pm



Presented by:
由「關節炎基金會」提供



我們邀請關節炎基金會來分享常見的關節炎及其症狀。

歡迎您來更加瞭解關節炎的預防方式、診斷以及治療方案，讓您更知道如何與醫生討論有關個人的關節健康。

The Arthritis Foundation will discuss common types and symptoms of arthritis. Find out how to talk to your doctor about joint health, including prevention, diagnosis, and treatment.

家庭照顧者清單

Caregiver Checklist

2/27/2020
週四 Thursday
11:00-12:30pm



Presented by:
南加州大學
家庭照顧者支持中心



您除了要照顧自己、可能亦需要照顧身邊的親友。

您必須了解健康保險內容、法律相關措施、社會福利制度、社區可利用資源等等各種資訊。歡迎參加講座，認識家庭照顧者應注意的事項。

Throughout your life, you may need to care for many people, including yourself. You will need to know about health insurance coverage, legal documents, community resources, and more. The USC Family Caregiver Support Center will introduce a "Caregiver Checklist."

防範犯罪與社區安全

Crime Prevention and Community Safety

3/19/2020
週四 Thursday
10:30-12:30pm



Presented by:
由洛杉磯縣警局提供



入室盜竊、搶劫、包裹盜竊案頻頻發生，來參加由 Walnut/Diamond Bar 警局提供的安全知識講座，學習防範罪案的方法。

Attend this informative safety seminar presented by the Walnut/Diamond Bar Sheriff Station. You will learn methods to avoid the crimes of burglary, robbery, and package theft.

如何保持頭腦健康?

Keeping Your Brain Healthy

3/26/2020
週四 Thursday
11:00-12:00pm



Presented by:
大洛杉磯阿茲海默症協會



保持頭腦健康是維持整體健康的重要部分。正確的飲食和運動可以幫助您保持最佳的狀態。如何減緩衰老和降低阿茲海默症疾病風險。

Keeping your brain healthy is related to maintaining your overall health. Eating well and staying active can help you reach your optimal condition. Learn tips on aging well and steps to reduce your risks for Alzheimer's disease.