



## How to Enjoy Eating and Keep Diabetes Away

如何享受飲食和令糖尿病遠離我們

2019 Patient Empowerment Series 增強患者健康系列

UCSF ASIAN HEALTH INSTITUTE BILINGUAL HEALTH LECTURES

亞裔健康研究院雙語健康講座（英語和廣東話）

Patients with diabetes often found it difficult to eat right. But it does not have to be, according to Sylvia Lau, a senior dietitian who specializes in diabetes diet and teaches nutrition classes at City College of San Francisco. Ms. Lau will share with us her expertise concerning food and eating in culturally appropriate ways. If you wish to stay away from diabetes, whether you have it or not at present, don't miss this very informative class. This is a free and bilingual (English/Cantonese) lecture. All are welcome.

糖尿病患者經常覺得很難正確地進食。但劉小穎營養師卻認為事實並非一定是這樣的。

。劉小穎營養師是一位專門研究糖尿病飲食，經驗豐富的資深營養師，現在劉女士正在舊金山城市大學任教。

她將與我們分享適合華人進食的食物和飲食方面的專業知識。無論您目前是否患有糖尿病，

如果您想遠離糖尿病，請不要錯過這個資信豐富的免費雙語（英語／廣東話）講座，誠邀各位踴躍參加。



### Speaker

演講者



Sylvia Lau, RD, MPH, CDE 劉小穎女士

註冊營養師／專業糖尿病輔導

Instructor, City College of San Francisco

### Date/Time

日期時間

May 29, 2019 (Wednesday) 五月二十九日（星期三）

下午 5:00–6:30 pm

### Location

地點

Herbst Hall, UCSF Mount Zion Campus 赫布斯特館

1600 Divisadero 街 (Between Post and Sutter St.), 2<sup>nd</sup> floor, San Francisco

### RSVP

敬請回復

請致電 Call 415-885-3678 留言

Online 或點擊這裡進行網上註冊 <http://bit.ly/UCSFdietdiabetes>

### Sponsor

贊助

Kangxin Partners 康信知識產權

Light refreshment 茶點招待

### Facebook

面書

讚 Friend us at <http://www.facebook.com/UCSFAHI>

