



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）

Healthy Holiday Eating

慶節的健康飲食

The long-awaited holidays are coming up soon, and it is a time when family and friends get together to eat, drink, and have lots of fun. But trying to eat heart healthy during the holiday season takes effort and planning. Ms. Tsui, UCSF's clinical dietitian will share some good tips with you in this class. Don't miss! Free refreshments.



在萬眾期待著將至的節日期中，跟朋友和家人聚在一起吃喝玩樂很是開心的。但是如果要在假期中嘗試吃心臟健康的食物則需要好好的努力規劃。UCSF的臨床註冊營養師崔安祺將在本講座中與您分享一些好的

提示。請踴躍參此免費的講座。別錯過！提供免費茶點。

Speaker
演講者

Evelyn Tsui, RD, CNSC 崔安祺臨床註冊營養師

Clinical Dietitian | UCSF Medical Center Department of Nutrition and Food Services

Date/Time
日期時間

November 9, 2017 (Thursday) 十一月九日（星期四）

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.), 2nd 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/UCSFHolidayEating>



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