

糖尿病信息讲座



糖尿病是一种严重的综合性疾病，会影响整个身体，并可能会严重影响生活质量。为此华人服务社将联同悉尼地区健康部多元文化健康服务及艾士菲图书馆联合举办免费讲座。

讲座包括以下内容：

- 了解糖尿病知识
- 糖尿病对身体的影响
- 糖尿病的类型
- 糖尿病的管理
- 健康的饮食
- 保持健康的体重

日期：2019年6月26日（星期三）

时间：上午 10.00 – 中午 12.00

地点：艾士菲文娱中心, 3 及 4 号会议室 (艾士菲图书馆楼下)

Ashfield Civic Centre, 260 Liverpool Rd, Ashfield

主讲：新州糖尿病协会营养师

语言：普通话

费用：免费

登记：_华人服务社： 9789 4587（接通后按「2」键与接待处联络）

艾士菲图书馆：9392 5810

或登入：<https://diabetesinformation.eventbrite.com.au>



華人服務社定居服務協助華裔新移民定居澳洲，該項服務得到澳洲政府的撥款資助。

Diabetes information session



Diabetes is a serious complex condition which can affect the entire body and have significant impact on quality of life.

Multicultural Health Service (SLHD), CASS and Ashfield Library have jointly organised this information session.

Topics included:

- Learn about diabetes
- How it affects the body
- Types of diabetes
- Managing your diabetes
- Healthy eating
- Maintaining a healthy weight

Date : 26 June 2019 (Wednesday)

Time : 10:00am – 12:00 noon

Venue : Activity Room 3 & 4, Ashfield Civic Centre, 260 Liverpool Rd,
Ashfield

Speaker: Dietitian from Diabetes NSW & ACT

Language: Mandarin

Fee: Free

Bookings: <https://diabetesinformation.eventbrite.com.au>
or call 9392 5810



CASS settlement Services assist recently-arrived Chinese-speaking migrants during their early settlement period. The service is supported by the financial assistance from Australian government.

