



FACULTY OF MEDICINE
eHealth Strategy Office

卑詩大學醫學院
電子醫學策劃部

iCON 安康
interCultural Online
Health Network 健康網絡

安康中文健康講座:預防慢性疾病知多少?

ICON CHINESE HEALTH FORUM: CHRONIC DISEASE PREVENTION



預防勝於治療：要身心健康

Learn how to reduce your risk of heart attack, stroke, and diabetes

戰勝三高 (高血壓、高血脂、高血糖)
控制體重, 尤其是中央肥胖 (大肚腩)
才能減低患慢性病的風險!
(如心臟病、中風、糖尿病等)

學習如何預防慢性病、了解甚麼是代謝綜合症、及有效地控制三高和體重!

- In order to reduce RISK FACTORS of Chronic Diseases
- such as heart disease, stroke and diabetes, one must
- control body weight and conquer the 3 HIGHS (**high**
- **blood pressure, high blood lipids, and high blood sugar**).
- Please join us to learn more about disease prevention
- and some tips on how to effectively control and reduce
- risk factors!

SPEAKERS



DR. KENDALL HO



BARBARA HO



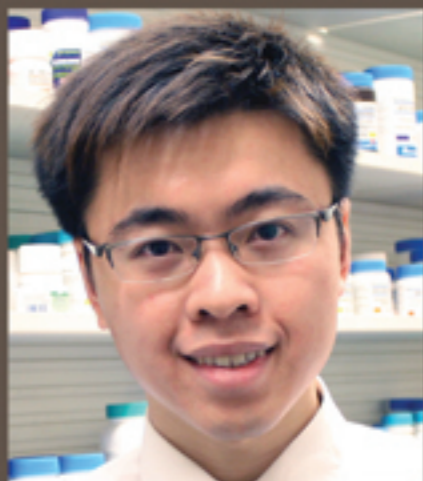
DR. RAYMOND DONG



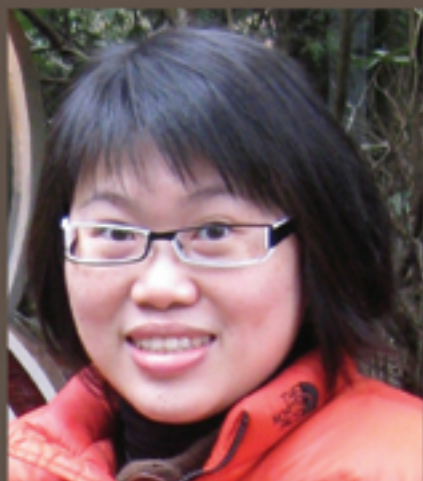
DR. CP LAU



DANNY LAU



KENT LING



ROSALIE LUNG

粵語進行, 并配有國語同聲翻譯, 耳機有限, 如需國語服務請預先登記! Presented in Cantonese with simultaneous interpretation to Mandarin offered. Limited headsets available so register early!

日期: 星期六, 2011年11月26日 Saturday, November 26th, 2011

時間: 中午12時至下午4時 Open House from 12 noon - 1pm, Presentations from 1pm - 4pm

地點: 聖方濟小學禮堂 St. Francis Xavier School Hall

緬街夾東2街 428 Great Northern Way (Main Street & E. 2nd Avenue), Vancouver, BC

免費泊車 Free Parking available!

Registrations or Questions? www.iconproject.org or call toll free: 1-877-357-7611

可通過網絡直播同步觀看! LIVE WEBCAST AVAILABLE AT www.iconproject.org



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Interior Health



northern health
the northern way of caring



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