

# HEALTHCARE SERIES 健康護理精選系列



Type 2 Diabetes  
二型糖尿病

(30/7/2015) 6:30pm-8:30pm

Cardiovascular disease  
心血管病

(13/8/2015) 6:30pm - 8:30pm

Obesity  
過胖

(6/8/2015) 6:30pm - 8:30pm

Liver disease  
肝病

(20/8/2015) 6:30pm - 8:30pm

Enrollment and enquiry 報名及查詢

03 8806 7532 / 0401 718 043

[admin@chh.org.au](mailto:admin@chh.org.au)

## Take action towards better health 要健康便要馬上行動



### Content:

1. Type 2 Diabetes :  
Pathophysiology of diabetes, progress and complications, prevention and management
2. Obesity:  
Self -assessment tools, impact of obesity, strategies of reduce body weight
3. Cardiovascular disease:  
Physiology of cardiovascular disease and stroke, interpretation of blood cholesterol, dietary strategies to reduce risk,
4. Liver disease:  
Different types of liver disease, dietary strategies, emotion impact on liver.

### Speakers :

**Miss Tammie Choi (Dietitian)**

蔡雪婷 (營養師)

### 內容 :

- 1。二型糖尿病：  
病理、演變及併發症狀、預防與護理
- 2。過胖：  
自我評估的方法、影響、正確減肥方法
- 3。心血管疾病：  
心血管病及中風的生理常識、認識血脂的概念、減低患病風險的飲食習慣
- 4。肝病：  
認識肝病的種類、飲食注意事項、情緒對肝的影響

Language 語言 : Cantonese 廣東話      Fee 費用 : \$5 (per session 每堂)      Quota 名額 : 30 people

Venue 地點 : Level 1, Whitehorse Community Resource Centre, 79 Mahoneys Road, Forest Hill 3136  
(位於Forest Hill Chase 購物中心對面及鄰近金寶酒樓, 736, 765, 735 公共巴士直達, 附近有大量免費停車位)

Enrollment is requested. The Centre may postpone or cancel the activity if there is not enough participant.  
參加者必須報名。若人數不足, 本中心有可能延遲或取消活動。