



健康生活的要訣

請來參加由中華耆英會舉辦、專為患有
慢性病的人士而設的免費課程。

2025

我們的目標：
再次過正常生活。

日期：3/31, 4/7,
4/14, 4/28,
5/5, 5/12

時間：2:00pm

課程一共六週，
每週一課。

地點：
Ralph & Jenny Center
老人活動中心
9 New Washington St.
Somerville, MA

詳情請聯繫：

中華耆英會
歐姑娘
(781)430-8657

不好的健康狀況妨礙你的正常生活？
和與你經歷類似問題的人，分享你知道的東西。

語言：粵語與普通話

通過學習這個課程，可以幫助你：

- 鑒別和找出可以增加你生活質量的簡單方法
- 學習如何與醫生溝通
- 掌握如何減少壓力的方法
- 學習使自己精力充沛的方法
- 選擇適合你的治療

我們的目標：
再次過正常生活。

帶著你的照顧者
一起來參加吧！

今天就登記吧！名額有限，請從速報名。

"健康生活的要訣"

是由美國史丹福大學醫療中心研究與證實的可行方法。



身障人士如需要任何協助溝通的輔助工具和服務，請致電 617-625-6600，分機號碼 2059 或發送電郵至 ADA@somervillema.gov 聯繫 Adrienne Pomeroy。

薩默維爾市政府可以免費提供您所說的語言的口譯。如需要口譯服務，請於活動前最少7日發送電郵至 somerviva@somervillema.gov 或撥打 311 (617-666-3311) 提出申請。



2025 My Life, My Health

A SIX-WEEK WORKSHOP OFFERED TO ADULTS WHO
FACE THE CHALLENGES OF CHRONIC DISEASE

Workshop will be conducted in Cantonese and Mandarin

CLASS BEGINS
3/31, 4/7,
4/14, 4/28,
5/5, 5/12

Class meets once a week
for 6 weeks

Time:

2:00pm

LOCATION

Ralph & Jenny Center
9 New Washington St.
Somerville, MA

CALL

Greater Boston Chinese
Golden Age Center
Rebecca Au
Tel: (781)430-8657
to register or
for more information

Is living with Chronic Disease preventing you from really living?

Share experiences and learn from others facing similar challenges, such as chronic pain, limited mobility, low energy, frustration, and social impact.

Learn strategies developed and tested by researchers that will help you:

- Set *and* meet personal goals
- Identify and try out simple techniques that can improve your quality of life
- Improve communication with your doctor
- Handle stress and learn to relax
- Increase your energy level
- Make choices about your treatment
- *Have fun!*

Bring your caregiver
with you!

The Chronic Disease Self-Management Program was developed by researchers at Stanford University Medical Center and has been proven to help people just like you. Register today! Class size is limited.



Persons with disabilities who need auxiliary aids or reasonable modifications should please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or ADA@somervillema.gov.

The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at somerviva@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.