



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

Faculty of Medicine
Department of Emergency Medicine

iCON
interCultural Online
Health Network

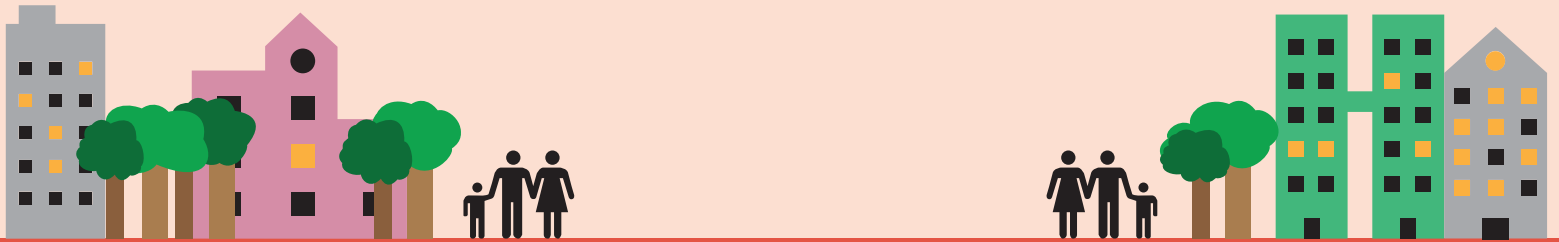
Healthy
@ Home

“安康”免費中文健康講座

家居保健 之 康樂在我家

誠意邀請大家一同學習

- 如何預防家居跌倒、提高飲食和睡眠的品質以及管理藥物。
- 長者和照顧者的心理健康貼士。
- 如何聯繫社區的支持和服務以及如何搜尋網絡資源。



預早登記留座及查詢詳情請到網頁 iconproject.org 或撥打 1-877-357-7611



免費

免費入場



健康測試和攤位展覽



網路直播同步觀看

www.iconproject.org



粵語、英語及國語

日期: 2016年12月3日, 星期六

開放時間 早上11:00 時至下午 1:00 時

免費講座 下午1:00 時至 4:00 時

地點: 佩雷茨中心 (Peretz Centre), 6184 Ash Street

Vancouver, BC V5Z 3G9 (Cambie & West 45 Avenue)





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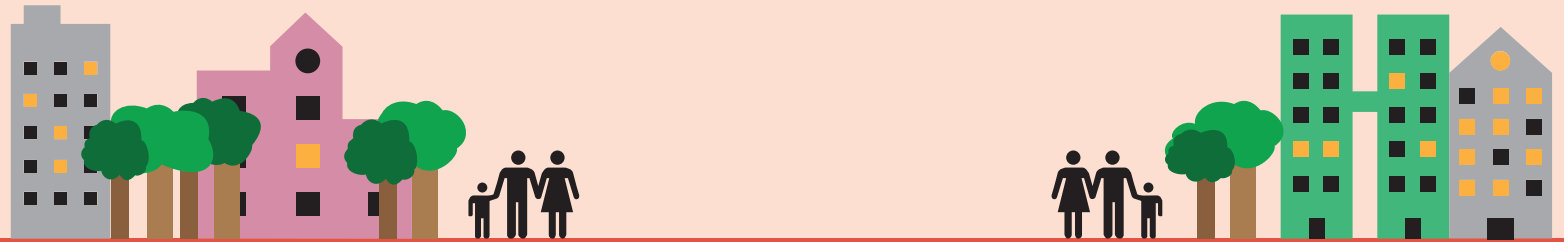
Healthy
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iCON Chinese Health Forum

HEALTHY AND HAPPY LIVING AT HOME

JOIN US TO LEARN:

- How to prevent falls, improve diet and sleep, and manage medications.
 - Mental wellness tips for seniors and caregivers.
- How to access community supports and services and online resources.



Register in advance to reserve a seat, visit iconproject.org or call 1-877-357-7611



Free
Admission



Health screenings and
booth exhibitions



Live webcast
www.iconproject.org



Cantonese, English
and Mandarin

When: Saturday, December 3, 2016

Open House: 11:00 am – 1:00 pm

Forum: 1:00 pm – 4:00 pm

Where: Peretz Centre, 6184 Ash Street

Vancouver, BC V5Z 3G9 (Cambie & West 45 Avenue)



Ministry of
Health

