

THE CENTER FOR ASIAN HEALTH WELCOMES YOU TO

# Chinese Wellness Day

## 華人健康日活動



**Special Focus: Successful Aging 特別主題: 健康老化**

Join us for health talks and services to help you age successfully! 讓此健康講座及服務告訴您如何健康老化

**Saturday, June 8**

**6月8日(周六)**

**9:00 am to 12:00 pm**

**上午9時至中午12時**

Barnabas Health Ambulatory Care Center  
巴拿巴門診醫療中心  
200 South Orange Ave.  
Livingston, NJ 07039

### Don't Miss These Health Talks 健康講座

9:00 am	Welcome Remarks 歡迎致辭
9:15 am	All About Osteoporosis 認識骨質疏鬆
9:45 am	Facing Life's Challenges: Effective Strategies for Maintaining Your Peace of Mind 面對人生的困境: 保持心中平靜的有效策略
10:15 am	Hepatitis B and Asians 亞裔與乙型肝炎
10:30 am	Population Health Talk: Asians and Health Equity 大眾健康講座: 亞裔族群的健康公平性(大廳)
10:45 am	What You Need To Know About Low Back Pain 認識腰、背痛
11:15 am	Aging Successfully & Partnering with Your Providers 健康老化: 如何有效地和醫生成為合作夥伴

For more information 詳情請洽 973-261-9080



社區團體 Community Partners: Tzu Chi Foundation  
Millburn-Short Hills Chinese Association  
Chinese American Nurse Association

### Free Screening 免費檢查

- ▶ Blood Pressure 血壓
- ▶ Diabetic Screening 血糖
- ▶ Lung Function 肺功能篩檢
- ▶ BMI 體質指數
- ▶ Bone Density (Heel Screening) 足部骨密度篩檢
- ▶ Hepatitis B and C 乙和丙型肝炎檢查
- ▶ Colon Cancer Screening 腸癌篩檢(潛血檢查)

### Meet the Doctors 認識醫生

- Internal Medicine 內科
- Behavioral Health 身心科
- Dentist 牙科
- Plastic Surgeon 整型外科
- ENT 耳鼻喉科
- Orthopedics 骨科
- Cardiology 心臟科
- GI 腸胃科
- Family Medicine 家庭科
- Endocrinology 內分泌科
- Vascular Surgery 血管外科
- Podiatry 腳科

### B Informed: Hepatitis B Updates & The Road to a Cure

12:00 to 4:00 pm

Following Chinese Wellness Day, join Hepatitis B experts to learn more about current research, development of a cure and more. **Lunch will be provided.**

Register to ensure free lunch:  
[hepb.org/binformed](http://hepb.org/binformed)

**Barnabas Health  
Medical Group**  
**Saint Barnabas  
Medical Center**

Center for Asian Health  
華人醫療服務中心

**RWJ Barnabas  
HEALTH**

Let's be healthy together.