

Free Seminar in Cantonese

What you need to know about Traditional & Complementary Medicine

The seminar will cover:

- How to safely incorporate traditional and complementary medicine with western medicine?
- What are traditional and complementary medicine dietary recommendations for a healthy diet?
- Tips for communicating with your herbalists and doctors.
- What are the common drug-drug interactions?



You may join the seminar in-person or on-line.

Call 415-677-2473 to register!

IN-PERSON

Location: Chinese Hospital at 845 Jackson Street, SF CA 94133

Date: Tuesday, 12/20/2016

Time: 10:00 – 11:00 AM

Speakers: Sunny Pak, MD, MPH, MSTCM & Yuwen Cen, PhD, LAc

ON-LINE

When: Tuesday, 12/20/2016

Time: 10:00 – 11:00 AM

Link:

<https://webmeeting.ucsf.edu/orion/joinmeeting.do?ED=7vHcuJ3-pGYbxCgqI8xSHg==&Rnd=0.46946301974647775>

Audio Connection:

1 415-514-1000

Access Code: 996 574 763

This program is sponsored by the Traditional and Complementary Medicine Working Group. Members of the Group are:

- Asian American Research Center on Health
- American College of Traditional Chinese Medicine
- Chinese Community Health Resource Center
- Chinese Hospital-East West Health Services
- Chinatown Public Health Center, San Francisco Public Health Department
- Chinatown Child Development Center, San Francisco Public Health Department
- Richmond Area Multi-Services, Inc.
- University of California, San Francisco
- University of San Francisco

免費粵語講座：

瞭解中西醫結合療法的注意事項

What you need to know about Traditional & Complementary Medicine

講座包括以下內容：

- 如何安全使用中西醫結合療法？
- 中醫療法所推薦的健康飲食。
- 如何與中醫師及醫護人員溝通。
- 常見中西藥物的相克。



您可現場或網上參與此講座。

報名請電415-677-2473

講座地點：東華醫院 845 晟臣街, 三藩市 94133

日期：星期二(12/20/2016)

時間：早上10:00 至11:00

主講人：白幹榮醫學博士, 岑玉文中醫師博士

在網上參與, 請按下步驟進行:

1. 輸入網址:

<https://webmeeting.ucsf.edu/orion/joinmeeting.do?ED=7vHcuJ3-pGYbxGgql8xSHg==&Rnd=0.46946301974647775>

2. 致電: 1-415-514-1000

3. 輸入密碼: 996 574 763

此活動由中西醫結合療法工作組贊助。工作組成員包括：

- Asian American Research Center on Health
- 美中洲醫學院
- 華人社區健康資源中心
- 東華醫院—中西醫學門診中心
- 華埠公共衛生局
- 華埠兒童培育中心
- Richmond Area Multi-Services, Inc.
- University of California, San Francisco
- University of San Francisco