

線上膽固醇和高血壓班 2022

This is a 2 hour class to help people with high cholesterol level and/or high blood pressure. During the first part of class, you will learn what cholesterol is, how to reduce your risk from coronary heart disease which leads to heart attacks, and how to improve your overall health. We will teach you how to lower your bad cholesterol (LDL), increase your good cholesterol (HDL), and control your triglycerides level. We will include learning the different types of fats, how to read food labels, and how to use exercise and medications to help manage your cholesterol level.

During the second part of the class, you will learn what is hypertension and how best to manage blood pressure. We will include healthy eating, exercise, stress management, blood pressure monitor, and what to do with your blood pressure numbers. Please bring your own blood pressure machine if you have one at home. We will show you the proper use a blood pressure machine. Kaiser Permanente members only.

Cantonese Cholesterol and Hypertension Class

Class to be held online until further notice
課程將在線舉行,直至另行通知

此講座歷時兩小時，為有高膽固醇和或高血壓的人士而設。

第一部分,你會認識何謂膽固醇、如何降低能導致心肌梗塞的冠心病風險、及改善身心健康。教導如何降低壞的膽固醇、增加好的膽固醇、及控制三甘油脂。認識各種不同的脂肪、如何閱讀食物標籤、藉運動及藥物協助控制膽固醇水平。

第二部分,你會認識何謂高血壓及如何以最佳方法處理高血壓,包括健康飲食、運動、壓力處理、血壓監控、及如何應付血壓度數。若家中設有血壓器,請屆時帶來以便示範正確量度血壓的方法。

只限凱薩會員參加

費用: 免費
報名: 請電 415-833-1639
或向你的醫生查詢

星期二	1月11日	9:30am-11:30am
星期四	2月17日	2:30pm-4:30pm
星期二	3月8日	9:30am-11:30am
星期四	4月21日	2:30pm-4:30pm
星期二	5月10日	9:30am-11:30am
星期四	6月16日	2:30pm-4:30pm
星期二	7月12日	9:30am-11:30am
星期四	8月18日	2:30pm-4:30pm
星期二	9月13日	9:30am-11:30am
星期四	10月20日	2:30pm-4:30pm
星期二	11月8日	9:30am-11:30am
星期四	12月16日	2:30pm-4:30pm

