

ENGLISH – CHINESE HEALTH EDUCATION WORKSHOPS

East Brunswick Public Library, 2 Jean Walling Civic Center Drive, East Brunswick, NJ 08816

图书馆线上中英文健康讲座

English sessions start at 4PM. Chinese sessions start at 5PM.

英語時段從下午4点开始。中文時段從下午5点开始。

Register at <http://bit.ly/EngChHealth>

在以下網址註冊：<http://bit.ly/EngChHealth>

To attend a session in Mandarin Chinese, please register and join at 5PM.

要參加中文會議，請註冊並在下午5點加入。

11/2 – Vision Care, Mental Health, and Physical Well-Being during COVID-19

Speakers:

- Dr. Eleanor Lillian Cheng, Ophthalmologist
- Dr. Pei-Chen Hsu, NY/NJ Licensed Psychologist, PhD in Counseling Psychology
- Dr. Kate Bellucci, Physical Therapist, Comprehensive Outpatient Rehabilitation Center at RWJBarnabas Health (Interpreted by Nannan Wang, Community Liaison at the Center for Asian Health at Saint Barnabas Medical Center, RWJBarnabas Health)

11月2日 – 新冠期间的视力保护和身心健康

11/4 – Genetics and Cancer

Explains hereditary and lifestyle risk factors for cancer. Learn how and why cancer forms in cells, methods to identify your personal cancer risk, and information on genetic testing and genetic risk assessment.

Speaker: Daniel Pearson, Community Control Specialist at Rutgers Cancer Institute

Chinese Speaker: Nannan Wang, Community Liaison at the Center for Asian Health

11月4日 – 基因与癌症

解释遗传基因和生活方式所带来的不同患癌风险。介绍癌症如何/为何在细胞中生成，怎样确定患癌风险，以及基因检测和基因风险评估。

11/3 – Nutrition for Colorectal Health and Cancer Prevention

Learn about foods that can help maintain good colorectal health and act to prevent cancer.

Also learn about current cancer screening guidelines for colorectal health.

Speaker: Michelle Jansen, Community Control Specialist at Rutgers Cancer Institute

Chinese Speaker: Nannan Wang, Community Liaison at the Center for Asian Health

11月3日 – 關於大腸健康與肠癌預防的營養

了解食物中有效保持大腸的健康和肠癌預防。同時也了解常見的肠癌篩檢方法介紹。

11/5 – Eating Healthy for Cancer Prevention

Learn how to portion your plate with cancer-fighting foods and how the different food groups can promote your health. Learn which foods you should avoid for optimal health.

Speaker: Michelle Jansen, Community Control Specialist at Rutgers Cancer Institute

Chinese Speaker: Nannan Wang, Community Liaison at the Center for Asian Health

11月5日 – 健康饮食与癌症预防

了解不同的食物組如何促進您的健康。了解您應該避免哪種食物以獲得最佳健康

Saint Barnabas Medical Center

Center for Asian Health

華人醫療服務中心

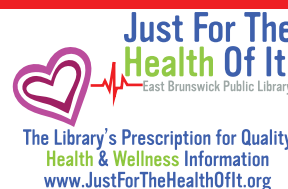
RWJBarnabas HEALTH

Let's be healthy together.

RUTGERS

Cancer Institute of New Jersey

RUTGERS HEALTH



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