



**CITY AND COUNTY OF SAN FRANCISCO
DEPARTMENT OF PUBLIC HEALTH**

**Chinatown Public Health Center 415.364.7600 華埠公共衛生局
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Chinatown Public Health Center Launches Free Cantonese *We Can!*[®] Workshops

You are invited to join the *We Can!*[®] *Chinese Families* nutrition and physical activity workshops series starting on March 19, 2016. The series is being offered by the Nutrition Education and Obesity Prevention Chinese Project of the Chinatown Public Health Center (CPHC), a clinic in the San Francisco Health Network. The workshops will help families learn about healthy eating and active living to lower their risk of developing serious health problems such as obesity, type 2 diabetes, heart disease and certain types of cancer.

Free to the public, the workshops will be held on Saturdays from 2 p.m. to 5 p.m. at the Chinatown YMCA, 855 Sacramento Street. The series will be conducted in Cantonese and led by registered dietitians Catherine Wong, RD, MPH, and Sylvia Lau, RD, MPH, CDE, Zhi Huang, MD, and chiropractor, Joana da Rosa, DC, DABCO. Workshop topics will include:

- Tips on smart shopping
- Healthy cooking and eating
- Physical activity demonstrations and YiJin exercise
- Hands-on activities on healthy eating and active living for children. Childcare also provided.

First-time participants that successfully complete all 5 workshops will receive a free 1-month gym membership at Chinatown YMCA. Space is limited, so register soon! **For more information, call (415) 364-7915.**

The workshop series is sponsored by Nutrition Education and Obesity Prevention Chinese Project, Chinatown Public Health Center, San Francisco Department of Public Health, Nutrition Education and Obesity Prevention Branch, California Department of Public Health and Chinatown YMCA, and co-sponsored by Kai Ming Head Start, Gum Moon Asian Women's Resource Center, Portsmouth Plaza Parking Cooperation, and Tam's Yijin Exercise Institute. Media sponsors include KTSF26 and SDS Communications.

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This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.

The San Francisco Health Network (SFHN) is operated by the San Francisco Department of Public Health. It is the city's only complete system of care and includes Zuckerberg San Francisco General Hospital and Trauma Center with UCSF physicians providing hospital care, specialty, diagnostic and ancillary services. SFHN also includes Laguna Honda Hospital and Rehabilitation Center, primary care clinics in the community, and a comprehensive range of substance abuse and mental health services. <http://www.sfhealthnetwork.org/>.