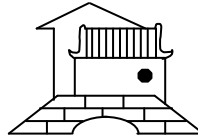


Asian Health & Service Center

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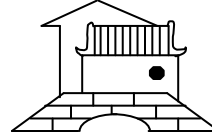
January 2012 Calendar (Beaverton Office)

MON	TUE	WED	THUR	FRI
<p>2 New Year Holiday Center Closed</p>	<p>3 9:30 –1 1:30a.m. Beaverton Vietnamese Club: Discussion of Current Events 11:30 -3:30pm Chinese Medicine Clinic(PDX office)</p>	<p>4 10:00 – 12:00pm Fu-Yo (Blissful Friends) Club: 2011 Year In Review and Self-Reflection</p>	<p>5 3:00-5:00 p.m. Massage Therapy (PDX Office)</p>	<p>6 9:30-11:30a.m. Beaverton Friday Group : A Look into US History inside the Dollar 9:30 – 12:30 p.m. Healthy Friends Club (*k) : Planning for a Great New Year! 3:00 -7:00pm Naturopathic Medicine Clinic(PDX office)</p>
<p>9 10:00 – 12:00 pm Chinese Xie Yi Flower & Bird Painting Class 12:30 –2:30 pm Chinese Gongbi (fine style) Painting Class 1:30 -3:30pm Chinese Calligraphy Class Beginner & Accelerate 12:00 – 4:00pm Chinese Medicine Clinic (PDX Office)</p>	<p>10 9:30 –1 1:30a.m. Beaverton Vietnamese Club: Health Education Workshop: Nutrition for Seniors in The Winter 11:30 -3:30pm Chinese Medicine Clinic(PDX office)</p>	<p>11 10:00 – 12:00pm Fu-Yo (Blissful Friends) Club: Health Education Workshop: Healthy Living Tips for Cold Weather by Dr. Dong and Dr. Sun.</p>	<p>12 3:00-5:00 p.m. Massage Therapy (PDX Office)</p>	<p>13 9:30-11:30a.m. Beaverton Friday Group : Women ' s Health Ed: Discover the Power of Comfort Foods 9:30 – 12:30 p.m. Healthy Friends Club (*k) : Food Preservation & Health Info: Healthy Kids, Women Health.. 3:00 -7:00pm Naturopathic Medicine Clinic(PDX office)</p>
<p>16 Martin Luther King Jr Holiday - Center Closed</p>	<p>17 9:30 –1 1:30a.m. Beaverton Vietnamese Club: Vietnamese New Year Celebration 11:30 -3:30pm Chinese Medicine Clinic(PDX office)</p>	<p>18 10:00 – 12:00pm Fu-Yo (Blissful Friends) Club: Women Health Workshop: The Food, Mood and Health Connection</p>	<p>19 3:00-5:00 p.m. Massage Therapy (PDX Office)</p>	<p>20 9:30-11:30a.m. Beaverton Friday Group : Laughter is Our Strongest Medicine 9:30 – 12:30 p.m. Healthy Friends Club (*k) : Lunar New Year Celebration! 3:00 -7:00pm Naturopathic Medicine Clinic(PDX office)</p>
<p>23 10:00 – 12:00 pm Chinese Xie Yi Flower & Bird Painting Class 12:30 –2:30 pm Chinese Gongbi (fine style) Painting Class 1:30 -3:30pm Chinese Calligraphy Class Beginner & Accelerate 12:00 – 4:00pm Chinese Medicine Clinic (PDX Office)</p>	<p>24 9:30 –1 1:30a.m. Beaverton Vietnamese Club: Health Education Workshop: The Importance of our Liver 11:30 -3:30pm Chinese Medicine Clinic(PDX office)</p>	<p>25 10:00 – 12:00pm Fu-Yo (Blissful Friends)Club: Lunar New Year Celebration</p>	<p>26 3:00-5:00 p.m. Massage Therapy (PDX Office)</p>	<p>27 9:30-11:30a.m. Beaverton Friday Group : Program Cancelled 9:30 – 12:30 p.m. Healthy Friends Club (*k) : Mental Health: with Gemma Kim 3:00 -7:00pm Naturopathic Medicine Clinic(PDX office)</p>
<p>30 10:00 – 12:00 pm Chinese Xie Yi Flower & Bird Painting Class 12:30 –2:30 pm Chinese Gongbi (fine style) Painting Class 1:30 -3:30pm Chinese Calligraphy Class Beginner & Accelerate 12:00 – 4:00pm Chinese Medicine Clinic (PDX Office)</p>	<p>31 9:30 –1 1:30a.m. Beaverton Vietnamese Club: Computer Lesson: Computer Basics for Beginners 11:30 -3:30pm Chinese Medicine Clinic(PDX office)</p>			

*K :Activity conducted in Korean

For further information about activity please call (503) 641-4113

華人服務中心 Asian Health & Service Center



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2012 年一月份活動內容 (比弗頓辦事處)

星期一	星期二	星期三	星期四	星期五
2 元旦假期 中心休假	3 上午 9:30-11:30 比弗頓越南小組 上午 11:30-下午 3:30 中醫診療 (波特蘭辦事處)	4 上午 10:00-12:00 福友社: <i>回顧 2011 年和照片分享</i>	5 下午 3:00 - 5:00 按摩 治療 (波特蘭辦事處)	6 上午 9:30-11:30 比弗頓星期五小組: <i>從紙鈔看美國歷史</i> 上午 9:30-12:30 康友社(*k) 下午 3:00-下午 7:00 自然診療 (波特蘭辦事處)
9 上午 10:00-中午 12:00 中國寫意花鳥畫班 下午 12:30-下午 2:30 中國工筆花鳥畫班 下午 1:30-3:30 中國書法班 提高及初級班 中午 12:00-下午 4:00 中醫診療 (波特蘭辦事處)	10 上午 9:30-11:30 比弗頓越南小組 上午 11:30-下午 3:30 中醫診療 (波特蘭辦事處)	11 上午 10:00-12:00 福友社: <i>健康教育講座: 冬季健康與養生</i> (特邀董醫師和孫醫師代表主講)	12 下午 3:00 - 5:00 按摩 治療 (波特蘭辦事處)	13 上午 9:30-11:30 比弗頓星期五小組: <i>婦女健康: 吃對食物好心情</i> 上午 9:30-12:30 康友社(*k) 下午 3:00-下午 7:00 自然診療 (波特蘭辦事處)
16 馬丁路德金假期 中心休假	17 上午 9:30-11:30 比弗頓越南小組 上午 11:30-下午 3:30 中醫診療 (波特蘭辦事處)	18 上午 10:00-12:00 福友社: <i>健康教育講座: 吃對食物好心情</i>	19 下午 3:00 - 5:00 按摩 治療 (波特蘭辦事處)	20 上午 9:30-11:30 比弗頓星期五小組: <i>歡笑乃人生最佳良藥</i> 上午 9:30-12:30 康友社(*k) 下午 3:00-下午 7:00 自然診療 (波特蘭辦事處)
23 上午 10:00-中午 12:00 中國寫意花鳥畫班 下午 12:30-下午 2:30 中國工筆花鳥畫班 下午 1:30-3:30 中國書法班 提高及初級班 中午 12:00-下午 4:00 中醫診療 (波特蘭辦事處)	24 上午 9:30-11:30 比弗頓越南小組 上午 11:30-下午 3:30 中醫診療 (波特蘭辦事處)	25 上午 10:00-12:00 福友社: <i>農曆新年慶祝活動</i>	26 下午 3:00 - 5:00 按摩 治療 (波特蘭辦事處)	27 上午 9:30-11:30 比弗頓星期五小組: <i>活動暫停一次</i> 上午 9:30-12:30 康友社(*k) 下午 3:00-下午 7:00 自然診療 (波特蘭辦事處)
30 上午 10:00-中午 12:00 中國寫意花鳥畫班 下午 12:30-下午 2:30 中國工筆花鳥畫班 下午 1:30-3:30 中國書法班 提高及初級班 中午 12:00-下午 4:00 中醫診療 (波特蘭辦事處)	31 上午 9:30-11:30 比弗頓越南小組 上午 11:30-下午 3:30 中醫診療 (波特蘭辦事處)			

*K: 活動以韓語進行

歡迎參加我們的各項活動，請電: (503) 641-4113 查詢詳情。