

ASIAN HEALTH & SERVICE CENTER

Portland Main Office:
3430 SE Powell Blvd.
Portland, OR 97202
Phone: (503) 872-8822
Fax: (503)872-8825

Beaverton Office:
12500 SW Allen Blvd.,
Beaverton, OR 97008
Phone: (503) 641-4113
Fax: (503)872-8825

Website: www.ahscpx.org



Fu-Yo (Blissful Friends) Club



Time: Every Wednesday morning from 10 a.m. to noon

Place: AHSC Beaverton Office (12500 SW Allen Blvd, Beaverton)

January 2010

- 1/6 Emotional Wellbeing By Living Presently, Dealing with the Past, and Envisioning the Future
- 1/13 Health Education Workshop: Hepatitis B
- 1/20 Expanding Our Horizons: Explore the World of Alternative Art
- 1/27 Health Education Workshop: Let's Learn about Health Psychology



February 2010

- 2/3 Art Therapy - Using Art to Heal and Bond
- 2/10 Health Education Workshop: Simple Guide to Whole Being Wellness
- *Wednesday 2/17 program reschedules till Friday 2/19*
- 2/19 (Fri) Lunar New Year Celebration with Beaverton Friday Group
- 2/24 Expanding Our Horizons: Discover Cultural Diversity



March 2010

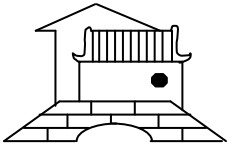
- 3/3 Expanding Our Horizons: Sharing and Caring
- 3/10 Physical Activity - The Arthritis Pain Reliever. Park Outing (*pre-registration required*)
- 3/17 Health Education Workshop: The Healthier Living with Arthritis
- 3/24 Expanding Our Horizons: Learn about African Culture
- 3/31 Health Education Workshop: Healthy Mind Healthy Life

Fu-Yo Club is conducted in Mandarin Chinese and is free for everyone.

The above activities are subject to change or reschedule

For more info, please call **Iris** at 503-872-8822 x226 or **Yi-Ling** at 503-641-4113.

華人服務中心



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福友社 - 2010 年



活動時間: 每週三上午十時至十二時

活動地點: 比弗頓華人服務中心 (12500 SW Allen Blvd, Beaverton)

一月

- 1/6 回顧過去, 思索未來
- 1/13 健康教育講座 - B 型肝炎新知識
- 1/20 認識另類藝術
- 1/27 健康教育講座 - 心理衛生簡介



二月

- 2/3 創意手工賀新年
- 2/10 健康教育講座 - 健康新知
- **星期三 2/17 活動移至星期五 2/19**
- 2/19 (星期五) 歡慶農曆新年
- 2/24 探索多樣性文化



三月

- 3/3 分享與關懷
- 3/10 公園健行 (須先報名)
- 3/17 健康教育講座 - 健康生活與關節炎
- 3/24 一起來認識非洲文化
- 3/31 健康教育講座 - 心靈工作坊



以上活動或會調動。

福友社為扶持互助、學習成長之友誼團體, 不需會費, 歡迎所有華人參加。

如有查詢, 請電 503-872-8822 x226 黃愛儀或 503-641-4113 王怡伶。