

## 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.ahscpdx.org](http://www.ahscpdx.org)

# Fu-Yo (Blissful Friends) Club 2012



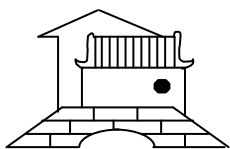
**Time:** Every Wednesday morning from 10 a.m. to noon

**Place:** 6275 SW Hall Blvd, Beaverton, OR 97008 (the building next to AHSC Beaverton Office )

- 1/04 2011 Year In Review and Self-Reflection
- 1/11 Health Education Workshop: Healthy Living Tips for Cold Weather by Dr. Dong and Dr. Sun.
- 1/18 Women Health Workshop: The Food, Mood and Health Connection
- 1/25 Healing & Growing Through Craft
  
- 2/01 Healthy Kids, Healthy Families
- 2/08 American History as Seen Through Dollar Bills
- 2/15 Explore the Beauty of Vietnam
- 2/22 Understanding Young People in Today's Society
- 2/29 Health Education Workshop: Understanding Our Respiratory System by Dr. Dong. Common Acupressure Points by Dr. Sun.
  
- 3/07 Health Education Workshop: Healthy Mind, Healthy Life.
- 3/14 Reliving the Memories of Historical Portland
- 3/21 Movie Time
- 3/28 Houseplants for Improving Indoor Air Quality



**Fu-Yo Club is conducted in Mandarin Chinese and is free for everyone.**  
**The above activities are subject to change or reschedule**  
**For info, please call Iris at 503-872-8822 x226 or Yi-Ling at 503-641-4113.**



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## 福友社 2012

活動時間：每週三上午十時至十二時

活動地點：6275 SW Hall Blvd, Beaverton, OR 97008 (比弗頓華人服務中心旁的教堂)

- 1/04 回顧 2011 年和照片分享
- 1/11 健康教育講座：冬季健康與養生 (特邀董醫師和 孫醫師代表主講)
- 1/18 健康教育講座：吃對食物好心情
- 1/25 農曆新年慶祝活動
  
- 2/01 另類旅館介紹
- 2/08 從紙鈔看美國歷史
- 2/15 欣賞越南美景美食
- 2/22 淺談當代年輕人
- 2/29 健康教育講座：呼吸系統和有關穴位 (特邀董醫師和孫醫師代表主講)
  
- 3/07 健康教育講座 - 健康心靈之旅
- 3/14 波特蘭今昔
- 3/21 看電影，憶生活
- 3/28 帶給你健康的室內盆栽



以上活動或會調動。福友社不需會費，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。