

DIABETES EDUCATION SEMINAR



In collaboration with Diabetes NSW&ACT, CASS is running a free online diabetes education seminar via Zoom. The topic will cover:

- What is Diabetes?
- Risk factors of Diabetes
- Symptoms
- Complications and regular check-ups
- The importance of healthy diets and physical activities

Gifts offered to ALL registered participants having attended this seminar

Date & Time: 21 October 2020, 10 AM - 12 NOON

Language: English with Mandarin interpretation

Cost: Free

The Seminar will be proceed via Zoom

How to join?

1. By Webinar ID: 871 9317 5030

2. By Phone Call: 02 8015 6011

3. Scan QR code



4. By the following link:

<https://us02web.zoom.us/j/87193175030>

Enquiry:

Wechat:

Jane_lu000

Registration:

9789 4587

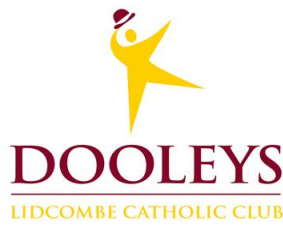
Press **【2】** for reception



• Computer or laptop with a camera on the device, access to the internet and sound. Mobile or tablet users will need to download the free ZOOM app and have video, sound and internet.

www.cass.org.au

This program is supported by DOOLEYS Lidcombe Catholic Club through 2019 Clubs for Cumberland ClubGRANTS Scheme.



糖尿病知识讲座

为协助华裔移民了解糖尿病的相关知识，华人服务社与新州及首都领地糖尿病协会合作提供讲座。内容将包括：

- 什么是糖尿病？
- 糖尿病的风险因素
- 糖尿病的症状
- 了解并发症及常规检查
- 学习健康饮食与体育活动

注册并出席讲座者
将获得精美小礼品

日期和时间：2020年10月21日，上午10点到中午12点

语言：英语辅以普通话翻译

费用：全免

通过Zoom进行在线讲座

如何加入讲座？

1. 在Zoom软件输入会议号：871 9317 5030
2. 拨打电话：02 8015 6011
3. 扫码



4. 点击以下链接：

<https://us02web.zoom.us/j/87193175030>

咨询：

Wechat微信号：
Jane_lu000



报名：

9789 4587

按【2】与接待处联系

• 设备上装有相机的电脑，可以访问互联网并拥有音频。移动或平板电脑用户将需要下载免费的ZOOM应用并拥有视频，音频和互联网。

www.cass.org.au

此次讲座得到Dooleys Lidcombe Catholic Club通过2019 Clubs for Cumberland ClubGRANTS Scheme资助。