



Immigrant Women's Health 移民妇女健康项目

参加者将会学习以下有关信息：

- ✓ 更年期保健
- ✓ BC 省医疗系统
- ✓ 移民家庭心理健康
- ✓ 与医疗/健康相关的法律信息
- ✓ 医疗/健康常用的英语词汇

参加者须是：

- ✓ 18 岁以上移民妇女
- ✓ 对医疗系统及健康感兴趣，会与家人朋友分享所学到的知识

报名及查询：

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Workshop Highlights

Thursdays (4 sessions)

October 8 – October 29

1:00 pm – 2:30 pm

Join this workshop to learn health and wellness information for you and your family and gain the confidence and motivation to access health services, as well as build your social support networks.

Guest Speakers: Kelly Simmons,
Instructor at UBC Nursing School

Details:

This workshop is presented in English with support in Mandarin.

This workshop is open to Mandarin-speaking newcomer and im/migrant women.

Online via Zoom

Details provided after registration.

To participate in this workshop, you must be registered as a client with Impact North Shore.

This program is government funded and free of charge.

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