



WINTER VIRTUAL HEALTH FAIR 2021

HEALTHY MIND, HEALTHY BODY

**NO INSURANCE REQUIRED
TRANSLATORS PROVIDED**

Services Include:

- Physician consultations*
(2pm-4pm)
- Mental Health Services *
(2pm-4pm)
- COVID-19 Vaccine
Information
- API Nutrition Workshops
- Meditation Workshops
- Dance Workshops

*Spaces are limited for
consultations, appointments required!

To register, visit this link or
scan this QR Code!
Refer a friend to be
entered into our Amazon
Gift Card raffle!



<https://tinyurl.com/WinterHF>

WHEN: Sunday, March 7th, 2021, 11 AM-4 PM PST

WHERE: Online through VSee (Telehealth platform with
certified privacy and patient confidentiality) + Zoom

TO ACCESS: You'll need a computer with WiFi, a microphone,
and a camera

For more information, contact APHC at UCLA at

aphc.hf@gmail.com or visit our website

<https://aphcatucla.weebly.com>



2021年冬季 網上健康展

健康心靈，健康身體

無需保險

現場將提供翻譯

活動包括：

- 免費醫生諮詢(2-4PM)*
- 免費心理健康諮詢(2-4PM)*
- 新冠病毒疫苗講座**
- 亞裔飲食和營養講座**
- 冥想工作坊**
- 健身舞蹈班**

*醫生諮詢名額有限，請提前預約！ <https://tinyurl.com/WinterHF>

**講座在Zoom平台上舉行

請掃描此二維碼進行註冊。
凡推薦朋友參加健康展皆可
加入亞馬遜禮卡抽獎活動！



活動時間: 3月7日 (星期天), 11 AM-4 PM PST

活動地點: 網上“VSee”保健平台 (以保護參與者個資和隱私)

報名者須備有能接上網絡的電腦，攝影機及麥克風。

欲知更多詳情，請電郵 aphc.hf@gmail.com

或至 <https://aphcatucla.weebly.com>查詢

Services Offered



Private Physician Consultations
(UCLA + USC physicians)



COVID-19 Vaccine Workshop (APHC
External Committee)



API Diet & Nutrition Workshop
(APHC External Committee)



Mental Health & Wellbeing
Workshop (Chinatown Service
Center)



Chinese Cultural Dance Workshop
(Chinese Cultural Dance Club at
UCLA)



Meditation & Mindfulness
Workshop (UCLA Mindfulness
Awareness Research Center)



Women's Health Provider (Dr. Jing
Zhao from UCLA Health)