

## WINTER VIRTUAL HEALTH FAIR 2021

HEALTHY MIND, HEALTHY BODY

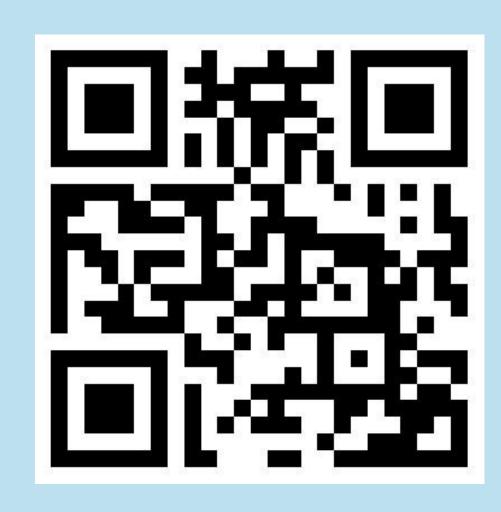
### NO INSURANCE REQUIRED TRANSLATORS PROVIDED

#### **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!





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 <a href="mailto:aphc.hf@gmail.com">aphc.hf@gmail.com</a> or visit our website
<a href="mailto:https://aphcatucla.weebly.com">https://aphcatucla.weebly.com</a>



# 2021年冬季組織建

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\*\*

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!



\*醫生諮詢名額有限,請提前預約! https://tiny

\*\*講座在Zoom平台上舉行

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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 <u>aphc.hf@gmail.com</u>

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)