

PTA and You - the Perfect Fit

For Our Chinese Parents

in partnership with

First District
PTA
everychild.onevoice.

and



February 20, 2010
2 - 5 p.m.

at Methodist Hospital
300 W. Huntington Drive, Arcadia, CA 91007

Fun Activities for the Kids. ★ Informative Seminars for the Parents

PTA and You - the Perfect Fit

Our PTA is here to work for you and your special needs. Find out how we can help in this interactive exchange. Remember, every member has a voice.

Creating a Fit Family -

Pediatrician Chris Leong, M.D. will present the benefits of creating a healthy family with smart eating, playing and keeping active and answer your health questions. Then...

Dietician Hazel Ng, RD will give you practical tips and tools that will help you keep your family fit. You will learn fun ways to change your children's unhealthy habits and enjoy family exercise activities.

Reservations by February 15 are a must!

The first hundred people are assured of getting a special goodie bag.

Refreshments will be served. Space is limited.

To RSVP, call (626) 574-2470 by February 12, Friday, 5:00 p.m.

For more information, please contact Vivian Chan at 2VivianChan@gmail.com or foundation@methodisthospital.org

From 210 Fwy West or 210 East
Exit and go south on Santa Anita Ave.
Make right on Huntington Dr. West. *

From 10 Fwy West or 10 Fwy East
Exit and go north on Santa Anita Ave.
Make a left on Huntington Dr. West. *

* Turn left on Civic Center Place, then turn right into hospital entrance. Staff at the information kiosk will direct you to free parking.



家長教師聯合會與您 - 互動互助, 更趨完美 為了我們華裔家長



First District
PTA

everychild.one voice.

聯合協辦



二月二十日, 二零一零年
下午兩點

亞凱迪亞美以美醫院

300 W. Huntington Drive, Arcadia, CA 91007

兒童趣味活動 ★ 家長訊息座談會

PTA and You - the Perfect Fit

利用互動式的交流, 了解家長教師聯合會的實質工作, 及如何為您的孩子增取權益和提供更好的學習環境。請記住, 每個成員都有發言權。家長教師聯合會極需要您的參與。

Creating a Fit Family -

小兒科專業醫師梁永賢 Dr Chris Leong, MD 將介紹如何通過飲食, 娛樂及日常鍛煉創造一個健康家庭, 介時梁醫師會樂意回答您有關健康的問題。

註冊營養師吳希素 Hazel Ng, RD 將提供實用的營養資訊與方法, 幫助您照顧家人健康。您將學習預防肥胖及慢性疾病的一些重要方法, 和以趣味方式來幫助孩子改善飲食和生活習慣

座位有限 必須提前預訂 備有茶點招待 前一百名必有禮物贈送

預定請於二月十二日下午五點前致電: (626) 574-2470

欲了解更多信息, 請聯系 Vivian Chan, 電子郵箱為: 2VivianChan@gmail.com

或 foundation@methodisthospital.org

210Fwy西向或东向

由Santa Anita Ave.出口往南, 在Huntington Dr. West右轉 *

10Fwy西向或东向

由Santa Anita Ave.出口往北, 在Huntington Dr. West左轉 *

於Centennial左轉, 再右轉入醫院門口。工作人員在信息亭指引您到免費停車場。

