

Chinese Hospital Hosts Free Community Health Day



The first Chinese Hospital monthly community health day took place at Chinese Hospital on Saturday, January 13, from 10 a.m. to 2 p.m.

Attendees were able to take advantage of a number of free health screenings, included Body Mass Index (BMI), blood pressure, glucose, bone density and vision test; and participate in a variety of activities, included one-on-one session with Jade Health Care Medical Group's optometrist, "Ask the expert" session on diabetes management, osteoporosis education class and learning tablet and smartphone technology. Attendees also had the chance to win prizes.

"Healthcare can sometimes be confusing and overwhelming, so we want to provide opportunities for community to learn how to maintain their health and help their families stay healthy," said Jian Zhang, Chinese Hospital CEO.

The community health day was sponsored by Chinese Hospital and Clinics, Jade Health Care Medical Group and Chinese Community Health Resource Center. Exhibitors included, Chinese Community Health Plan, Chinese Community Health Resource Center, Chinese Community Health Services, Chinese Hospital Wellness Program and ICON Optometry.

Chinese Hospital is hosting monthly community health day on the second Saturday of each month from January to June, to increase health awareness in the community by providing free health screenings and information about various health-related topics. The next monthly community health day is on Saturday, February 10 at Chinese Hospital.

"Our monthly health themes were selected based on the topics of the US National Health Awesomeness Month. We hope through the monthly fairs, our community will learn more about various health issues facing our community." said Angela Sun, Chinese Community Health Resource Center Executive Director.

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