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華埠服務中心  
Chinatown Service Center

**MISSION** ~ To provide outstanding services and advocacy that promotes a better quality of life and equal opportunity to immigrants and other communities!

**ABOUT US** ~ Founded in 1971, CSC is the largest & oldest community-based Chinese American Health & Human Services Organization in Los Angeles, Southern California!

Social Services | Small Business | Youths Center | Community Health Center

CSC Services: (213) 808-1700

May 2016 Newsletter

## SAVE THE DATE @ 9/9 45th Gala



May we count on you to help support our cause to evolve, initiating & developing new programs to reflect the changing needs of LA communities?

Support CSC in many ways:

- Event Sponsorship
- Monetary Donation
- Silent Auction Items

[Learn more ▶](#)

## Community Health Center - FREE Workshops



華埠服務中心  
Chinatown Service Center

### 免費失眠講座

#### Free Insomnia Workshop



失眠是一種睡眠疾病，全世界數百萬人不得不忍受。失眠的人很難入睡和/或保持睡眠。失眠通常會導致白天困倦或嗜睡，導致精神上 and 身體上的不適。

Insomnia is a sleep disorder that millions of people worldwide have to live with. Individuals with insomnia find it difficult to either fall asleep and/or stay asleep. Insomnia commonly leads to daytime sleepiness, lethargy and a general feeling of being unwell both mentally and physically.

Date 日期: 5/13/16 Friday (星期五)  
Time 時間: 10:00 am  
地點: Chinatown Service Center  
Address: 320 S Garfield Ave Ste 202  
Alhambra, CA 91801  
Speaker 講員: CVS Pharmacist / CVS 藥劑師  
Language 語言: Mandarin / 普通話

Seat 座位有限，參加者需先致電報名。凡參加者可獲得禮品一份。

Seating is limited, reservation is required. Please call to make reservation. All participant will receive a special souvenir gift.

Christina Wan 溫小姐  
1-213-808-1741

此社區健康教育計劃由 UNL Health Foundation 贊助



- Insomnia Chinese Workshop with CVS Pharmacy Friday May 13
- Hepatitis B Cantonese Workshop Friday May 27 [Learn more ▶](#)

## Summer Health Fair (FREE) @ 6/4



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MPK Today

It's Free &amp; Open to Public!

RSVP for Workshops, please call us at (213) 808-1721

[Learn more ▶](#)

- Heart Awareness Workshops in English & Chinese Mammogram Screenings by Alinea Medical
- BP, Body fat density, Hep. C Screenings by APA Health Care Tuberculin skin (TB) test, heart and cholesterol screenings



## CHINATOWN SERVICE CENTER

**767 North Hill Street, Suite  
400**

Los Angeles, CA 90012

(213) 808-1700

[www.cscla.org](http://www.cscla.org)

**CSC is an affiliate agency of**



- More than 20 Health Information Booths: Alinea Medical Imaging, APA Health Care, Health Net, Gilread, American Red Cross, American Heart Association, CVS Pharmacy, PACE, Planned Parenthood, Alignmene Health Plan, Aids Healthcare Foundation, DPSS, St. John's Well Child & Family Center, Care 1st Health, Law Offices of Scott Warmuth, Mobility Management Partners and Social SecurityDepartment! Special thanks to Starbucks & Whole Foods donations!

## Small Business & Asset Building Management Programs

## MoneySmart for Small Businesses

### 「小企業營運管理」入門課程

An introductory 2-day business course designed for owner/bosses, self-employed individuals, and aspiring entrepreneurs.  
 為初創小生意、自僱人士及有志創業人士而設的入門課程

<p><b>Dates (日期):</b> 9/24/2016 &amp; 10/1/2016</p> <p><b>Time (時間):</b> 9:00am – 3:00pm</p> <p><b>Location (地點):</b> Cathay Bank 華盛銀行                  4000 168th St., St. Louis, CA 90314</p> <p><b>Fee (費用):</b> \$20 payable to Chiu-Chuan Service Center                  粵幣 200元 繳予 僑教中心</p> <p><b>Language (語言):</b> Mandarin 國語</p>	<p><b>Course Topics 課程主題</b></p> <ul style="list-style-type: none"> <li>1. Business Planning 商業計劃</li> <li>2. Financial Management 財務管理</li> <li>3. Organizational Tools 組織工具</li> <li>4. Marketing 市場推廣</li> <li>5. Risk Management 風險管理</li> <li>6. Insurance 保險</li> <li>7. Credit Reporting 信譽報告</li> <li>8. Business Insurance 商業保險</li> <li>9. Financing 籌資</li> <li>10. Time &amp; Financial Management 時間及財務管理</li> <li>11. Accounting 會計</li> <li>12. Business Plan 商業計劃</li> <li>13. Marketing Strategy for Small Businesses 小企業市場推廣策略</li> <li>14. Business Planning 商業計劃</li> <li>15. Financing 籌資</li> <li>16. Selling &amp; Sales Planning 銷售及銷售計劃</li> <li>17. Business Insurance 商業保險</li> <li>18. Credit Reporting 信譽報告</li> </ul>
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Participants will be eligible for free business counseling and discounted registration for the Entrepreneurial Training Program.

參加者將有資格獲免費商業諮詢及優惠的創業培訓課程註冊費。

粵語班將於9月24日及10月1日舉辦，歡迎報名。詳情請參閱9月及10月舉辦的「創業輔導」網頁廣告。

以上課程由華商會中心主辦。

Sponsored by  
 United States Small Business Administration  
 美國小型企業管理局

**Business Start-up Camp - 6/4, 6/11, 6/18 & 6/25**

Small Business Program hosts four consecutive Saturdays Courses for Self-Employment. For RSVP, please contact us at (213) 808-1768 or (213) 808-1751 for

more information

**Learn more ►**

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**Chinatown Service Center is a qualified 501(c)(3) tax-exempt non-profit organization (EIN #: 95-2918844)**

**and all donations funds are 100% Tax-Deductible to the full extent of the law.**