



華埠服務中心
Chinatown Service Center

了解失眠講座

Understand Insomnia Workshop



凡報名參加者可獲得禮品一份!
All participant will receive a special
souvenir gift.

1-213-808-1792

1-213-808-1741

Date 日期: 3/29/2018 (星期四 Thursday)

Time 時間: 早上 10:00 am

地點: Chinatown Service Center 華埠服務中心

Address: 767 N Hill St, # 400., Los Angeles, CA 90012

Speaker 講員: CVS 藥劑師 Pharmacist

Language 語言: Mandarin 普通话



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.