

# THE 30<sup>TH</sup> ANNUAL HOUSTON CHINESE COMMUNITY HEALTH FAIR



## Are your Joints Bothering you? Can the Spine Hurt you when it is not Straight?

- What is arthritis?
- How many types of arthritides?
- What causes arthritides?
- What are the symptoms and signs of arthritis?
- How do we treat arthritides?

### You will learn about arthritis in the upcoming Health Fair

**Date:** Saturday, 8/25/2018

**Time:** 9:00 a.m. ~ 12:00 p.m.

**Place:** Culture Center of TECO, 10303 Westoffice Dr. Houston, TX 77042

**Telephone Inquiries:** 713-988-4724

### Services and Counseling (9:00 a.m. ~ 10:30 a.m.)

#### Special Screening

- ❖ Spinal Screening
- General screening**  
(Fasting for the following tests)
- ❖ Blood glucose, Blood pressure & Cholesterol

#### Physician Consultation

Do you have any health questions? Do you have special health concerns that require a specialist? Our physicians and counselors will provide education.

### Education Workshop (10:30 a.m. ~ 12:00 p.m.)

- ❖ Immune-related arthritis
- ❖ Chemical-related arthritis
- ❖ Non-pharmacological management of arthritis
- ❖ Osteoarthritis & osteoporosis, prevention & joint rehabilitation
- ❖ Physical therapy for joints

### Sponsors:

Health Education for Asians League of Houston, Light & Salt Association, Chinese Seniors Association of Houston, H-E-B, Chinese Nursing Association of Houston, Tzu-Chi Foundation of Texas, Chinese American Doctors Association of Houston, GFCBW in Southern USA, Chinese Youth Association, Culture Center of TECO in Houston.