

# Classes offered in Chinese Languages

## [BCBH® Chronic Disease](#)

Session Date	Day	Time	Class Type
June 21, 28, July 5, 12 19 & 26, 2022	Tue	10:00AM – 12:30PM	Zoom, Cantonese

## [Eating Well for Good Health - Cantonese & Mandarin](#)

Session Date	Day	Time	Class Type
August 10, 2022	Wed	1:30 - 2:30PM	Zoom, Cantonese

## [Heart Healthy Eating - Cantonese & Mandarin](#)

Session Date	Day	Time	Class Type
June 28, 2022	Tue	1:30 - 3:30PM	Zoom, Cantonese
July 27, 2022	Wed	9:30 - 11:30AM	Phone, Mandarin
August 25, 2022	Thu	1:30 - 3:30PM	Phone, Cantonese
September 23, 2022	Fri	1:30 - 3:30PM	Phone, Mandarin

## [Tips for Eating: Prediabetes & Diabetes - Cantonese & Mandarin](#)

Session Date	Day	Time	Class Type
July 6, 2022	Wed	9:30 - 11:30AM	Phone, Cantonese
August 12, 2022	Fri	1:30 - 3:30PM	Phone, Mandarin
September 15, 2022	Thu	1:30 - 3:30PM	Phone, Cantonese