

**營聚健康
系列講座****豆健康新煮意**

最近Beyond Meat成為素食的熱門新話題，很多快餐連鎖店或超市也紛紛加入了素食漢堡包的行列。素食為什麼備受關注？吃素可以幫助控制血糖嗎？吃素就健康嗎？吃素如何做好飲食搭配？這次營聚健康講座，註冊營養師Catherine蔡依憬將和大家一起探討素食的趨勢。除了食療的知識，您還可以一起動手和學習製作素食菜餚和甜點。

講座日期和時間:

2019年11月23日 (星期六)
下午2:00至4:00

授課語言: 廣東話**課程費用:** 每位 \$30**地點:**

105 Gibson Centre
(在中心內的109 號室)
105 Gibson Drive
Markham ON, L3R 3K7
(近TTC 53E和68路車站)

截止報名日期:

2019年11月8日
名額有限，欲報從速

注意事項

是次課程只限18歲以上的會員報名。如果您為非會員但有興趣參加本課程，請填寫會員申請表，並隨報名表一併寄回本分會辦理。

報名詳情:

如欲查詢有關課程資料，請致電加拿大糖尿病協會多倫多華人分會 (電話: 416-410-1912)。

報名支票抬頭請寫上:

Diabetes Canada – Toronto Chinese Chapter

- 報名表格連同支票須於2019年11月8日前寄回本分會：
Diabetes Canada– Toronto Chinese Chapter
P. O. Box # 42071
2851 John Street, Markham, Ontario, L3R 5R7
- 每位參加者必須於報名表格上簽妥「免責聲明」，並附上聯絡資料。
- 本分會將於2019年11月18日前以電話聯絡閣下，以通知作實。一經確定，恕不退款。如閣下於此日期前尚未收到通知，請即與本分會聯絡。

如欲申請成為會員，請登入本會網站 www.diabetes-chinese.ca 下載會員申請表格，填妥後連同「營聚健康」系列講座的報名表格及支票一併寄回本分會辦理。

North Entrance
105 Gibson Drive



South Entrance

| 姓 Surname | 名 Given Name | 會員號碼 Membership No. | 新會員(✓) New Member | 住址或電郵地址 Address or E-mail | 聯絡電話 Contact No: |
|--------------|-----------------|------------------------|--------------------------------------|------------------------------|---------------------|
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| | | | 參加人數 Total number of participants | 支票總額 Total cheque amount | \$ |

*新會員請填寫會員申請表，並與此報名表一起寄回本分會。

免責聲明

根據加拿大法律規定，「免責聲明」必須以英文書寫。以下為英文版的「免責聲明」。

THIS AGREEMENT is made by the undersigned (which shall bind his heirs, assigns and personal representatives) in favour of Diabetes Canada – Toronto Chinese Chapter and all its committee members, advisors, officers, agents, employees, volunteers, sponsors and patrons (hereinafter collectively called the “Association”). NOW BY THIS AGREEMENT:

1. In consideration of the Association accepting the undersigned as its member/visitor, the undersigned hereby COVENANTS with the Association that the undersigned shall waive all his right and claims against the Association for damages or otherwise with regard to his injury, illness or death or loss or damage to his property that may arise from participating or in connection with any activities organized by the Association including but not limited to qigong class -or practice, outings and social functions such as karaoke singing and shall further keep the Association fully and effectually indemnified against all actions, proceedings, accounts, claims or demands (and all costs and expenses incurred in connection therewith) which may be brought or made or threatened to be brought or made by the undersigned or any person relating to the aforesaid.
2. The undersigned agrees that he will consult his own physician and obtain such necessary medical advice as may be appropriate before joining any activities of the Association.
3. For the purposes of this Agreement, (where the context permits) any gender shall mean and include all other genders and the singular shall mean and include the plural and vice versa.
4. The undersigned confirms that he has read and fully understands the contents herein and has obtained appropriate legal advice upon the request of the Association to consult his own lawyer before signing this Agreement.

Date: _____ Print Name: _____ Signed: _____
 (日期) (正楷姓名) (簽名)

Date: _____ Print Name: _____ Signed: _____
 (日期) (正楷姓名) (簽名)

Date: _____ Print Name: _____ Signed: _____
 (日期) (正楷姓名) (簽名)

Date: _____ Print Name: _____ Signed: _____
 (日期) (正楷姓名) (簽名)

*根據法律要求，請務必用英文填寫正楷姓名 (Print Name) 一欄。

