

「營聚健康」系列之「識買識食」

踏進超級市場，食品種類繁多，琳琅滿目，我們如何能夠知道吃進去的，對身體是否有益呢？如果您想知多一點，我們誠意邀請您參加於萬錦市Loblaws超級市場舉辦的活動！透過實地學習，專業營養師梁繞琦女士會為您講解閱讀營養標籤的技巧和分享購買健康食物的貼士。您更可以即場應用所學，並向專業營養師提出您的任何疑問。每位參加者，更可獲得精美禮品一份！想成為一個識買又識食的健康消費者，請盡快報名啊！

時間・日期： A: 2017年3月3日(星期五) 晚上 6:30 - 7:30 (普通話)
B: 2017年3月4日(星期六) 早上 8:30 - 9:30 (廣東話)
C: 2017年3月4日(星期六) 早上 10:00 - 10:30 (廣東話)

地點： Loblaws (Markville Mall對面)
200 Bullock Drive, Markham, ON L3P 1W2

費用： 每位 \$ 5.00 (費用將全數撥作捐款用途)

集合地點： 請於超市內的蔬果部與本分會身穿淺綠色T-恤的義工會合。

截止報名日期： 2017年2月20日。每組只限10位。名額有限，欲報從速。

注意事項

- 是次活動只限18歲以上的會員報名。如果您為非會員但有興趣參加活動，請填寫會員申請表，並隨報名表格及支票一併寄回本分會辦理。

報名詳情

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

- 報名支票抬頭請填上：Canadian Diabetes Association - Toronto Chinese Chapter
- 報名表格連同支票須於2017年2月20日前寄回本分會，地址為：
Canadian Diabetes Association - Toronto Chinese Chapter
PO Box # 42071
2851 John Street, Markham, Ontario L3R 5R7
- 每位參加者必須於報名表上簽妥「免責聲明」，並附上聯絡資料。
- 本分會將於2017年2月26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，請登入本分會網站 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。



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姓名 (全名)	會員號碼	新會員 (✓)	時間・日期 (A或B或C)	住址或電郵地址	聯絡電話
參加人數:					支票總額: \$

* 新會員請另外填寫會員申請表，連同此報名表一併寄回本分會。

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 Canadian Diabetes Association – 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.

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