



# 老年人的睡眠困擾

## *Sleep and Aging*

什麼是正常的睡眠？ 什麼是睡眠問題？

睡眠問題對健康有哪些影響？

如何養成良好的睡眠習慣？哪些藥物會影響睡眠？

What is normal sleep and what is a sleep problem? What are the health impacts

related to sleep problems? What are good sleep habits?

What kind of medicines may affect your sleep?

有興趣者可到以下地點參加“老年人的睡眠困擾”講座：

國語  
Mandarin

**Jing Song Senior Chinese Men's Incorporation 華人勁松長者會**

日期 Date: 23/03/2010 (星期二) 時間 Time: 11:30 am – 12:30 pm

講座地點 Venue: The Pines Senior Citizens Centre, 25 Central Rd, Blackburn 3130

廣東話  
Cantonese

**Chinese Community Social Services Centre Inc. 華人社區服務中心**

日期 Date: 12/04/2010 (星期一) 時間 Time: 10:30 am – 11:30 am

講座地點 Venue: Meeting Room, Ground Floor, Clayton Community Centre,  
9-15 Cooke St, Clayton 3168 (Mel Ref: 79 B3)

國語  
Mandarin

**Victoria Hua Xin Chinese Women's Association 華欣婦女會**

日期 Date: 21/05/2010 (星期五) 時間 Time: 10:00 am – 11:00 am

講座地點 Venue: Wesley Uniting Church, 4 Oxford St, Box Hill 3128

國語  
Mandarin

**Chinese Community Social Services Centre Inc. 華人社區服務中心**

日期 Date: 02/06/2010 (星期三) 時間 Time: 10:30 am – 11:30 am

講座地點 Venue: Shop 3, 294 High St., Preston 3072 (Mel Ref: 18 G12)

廣東話  
Cantonese

**Boroondara Chinese Senior Citizens Association Inc. 寶雲華人長者會**

日期 Date: 07/06/2010 (星期一) 時間 Time: 11:30 am – 12:30 pm

講座地點 Venue: 45 Talbot Ave, Balwyn 3103

主辦機構：



華人社區服務中心

Chinese Community Social Services Centre Inc.

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