

FREE HEALTH LITERACY ESOL CLASSES

Learn to Talk To Your Doctor In English – For Free!



Are you an intermediate ESOL student? This course will help you learn the correct words and phrases to use when talking to your doctor about your health. It's important to be able to communicate what's wrong and what you need from your doctor – enroll now so you'll know how to say what's going on with your body.

SOME OF THE CLASS TOPICS INCLUDE:

- Describing an emergency or the symptoms of how you are feeling
- Parts of the Body
- Making a Doctor's Appointment
- Filling Out Health History
- Medical Tests and Screenings
- Health Goals
- Maintaining a Healthy Weight
- Mobile Apps and Online Health Portals

Testing will be on a first-come, first-served basis. After testing, 25-30 students will be registered for the course.

Participants should consult with their physicians before undertaking any exercise, nutrition or health-improvement program.

THIS PROGRAM IS MADE POSSIBLE BY A GENEROUS GRANT FROM THE NASSAU QUEENS PERFORMING PROVIDER SYSTEM.

ADMISSION IS FREE.

Monday, March 25, 11am - 7pm

Tuesday, March 26, 1 - 4:30pm

Wednesday, March 27, 11am - 4:30pm

Thursday, March 28, 11am - 7pm

Friday, March 29, 11am - 4:30pm

Saturday, March 30, 10am - 5pm

PENINSULA ADULT LEARNING CENTER

92-25 Rockaway Beach Boulevard

Rockaway Beach | 718.634.1110

A, S to Beach 90 Street | Q22, Q52, Q53