

Tea & Topics

增强免疫力 健康过冬天

Boosting Immunity for Better Health

2026年7月28日 上午10:30至12:00, Glenfield 图书馆 (90 Bentley Avenue)



Glenfield Library and the Asian Health Network (TANI) are jointly presenting this talk to explore the relationship between the human immune system and health, and how to effectively boost immunity to help families stay healthy during Auckland's cold and wet winter. All are welcome.

格伦菲尔德图书馆和亚洲健康联络中心（TANI）联合举办本次讲座，旨在探讨人体免疫系统与健康的关系，以及如何有效地提高免疫力，与家人一起健康地度过奥克兰寒冷且潮湿的冬季。欢迎所有人参加。

For more info, please email to
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The **A** Asian Network
Incorporated

