



The newly opened Carrefour membership store in Nanxiang offers a wide range of fresh and local products. — Wang Jianxin

A new Carrefour membership store opens in Nanxiang Town

Wang Jianxin and Li Xinran

THE first Carrefour membership store in Jiading is now open at The Mall in Nanxiang Town.

"There are more than 4,000 kinds of goods in the store, of which nearly 30 percent are imported and half are well-known domestic brands," said store manager Wang Zhihou.

Considering that the store mainly serves families, Carrefour has set up a children's paradise that covers more than 100 square meters. While parents shop, their children can play.

There is also a food bar, consisting mainly of Carrefour's own Western-style food, so customers can have a meal after shopping.

In addition, the store has opened an online channel where buyers can place orders through WeChat mini-programs and have them delivered at the door if they live within 5 kilometers.

TCM treatment stations with multiple options closer to people's homes

Yin Qinqin and Li Xinran

SHANGHAI plans to establish 50 community traditional Chinese medicine health service stations this year. Among them, four are in Jiading.

Local residents can go to Jingyuan Neighborhood Health Service Station for acupuncture, massage, TCM physique identification and TCM health management.

Aunt Jiang, 66, suffered from migraine due to cervical spondylosis and often had trouble falling asleep. To her surprise, after five acupuncture and massage sessions, her condition improved.

"The health service station is just steps away, which is very convenient, and the doctors are very good," said Jiang.

Yu Jianfeng, a general practitioner of traditional Chinese medicine at Waigang Community Health Service Station, treated Jiang. Since July, he has been working at the Jingyuan station every Friday.

Yu said the treatment combines acupuncture and

massage, and it has been promoted around the entire district.

The Jingyuan station serves around 12,000 residents.

In order to meet the needs of residents for traditional Chinese medicine services, the station will increase the number of TCM consulting and treatment rooms, and introduce new treatment equipment.

"We are also specialized in the treatment of dermatologic disorders, including various forms of psoriasis, through the combination of traditional Chinese medicine and Western medicine," Yu said.

The other three neighborhood health service stations have their own unique services.

The service station on Haibo Road in Jiangqiao Town uses acupuncture and integrative medicine in pediatrics to prevent and treat children's spleen and stomach diseases.

There is a special outpatient clinic for children's anorexia,

growth retardation, spleen and stomach diseases.

The Shuguang service station in Nanxiang Town provides acupuncture and moxibustion treatments. Moxibustion therapy in conjunction with acupuncture can be very effective for many diseases and conditions including back pain, muscle stiffness, headaches, migraines, tendonitis, arthritis, digestive disorders, anxiety, and female health problems such as menstrual cramps, irregular periods and infertility.

The Beiguan service station in Malu Town is best at traditional Chinese gynecological treatments.

It hosts public lectures and free consultation from time to time. TCM practitioners at the station are good at treating age-related diseases such as hypertension, diabetes and cerebral infarctions.

The four neighborhood health service stations are part of the city's efforts to provide "last mile" TCM services for residents.

More urban waterfronts for public leisure spaces

Zhang Jian and Li Xinran

IT'S a pleasant experience to go outside and get close to the blue water, sky and green trees, and Jiading is providing more waterfront leisure spaces for people's enjoyment.

The Xuhang Park River is in Xuhang Park next to Qixiu Road in Xuhang Town. The area of waters in the park has reached about 10,000 square meters after the park's expansion was completed last year.

Six waterfront platforms, plus one pavilion, are set up along the Xuhang Park River.

"The environment here is beautiful, with trees, rivers and waterfront platforms. People can enjoy the coolness and children can have fun," said a local resident surnamed Zhao.

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Waterfront sites in Jiading provide leisure spaces close to nature for people's enjoyment.

Yan Huiliang, a cleaner in charge of river maintenance, said in order to maintain the aquatic environment, his team is now cleaning the river twice a day and regularly collecting the floating debris and waste on the river.

This year, the district's water affairs department established 12 waterfront sites as recreational spots.

They are put under the management of the department for daily patrol and cleaning.



Above: An esplanade winds through the Yuanxiang Lake Park.



Left: A bird's-eye view of the Nanshuiguan Park. — Zhang Jian