

PATIENT WELLNESS CLASSES 2019

Managing your Moods

Discover how to change your thoughts and behaviors to improve how you feel

April

Monday 1

3-4:30pm

May

Tuesday 7

11-12:30pm

June

Wednesday 5

4:30-6pm

July

Monday 1

9-10:30am

Stress Management

Understand the origins of stress and how to better deal with daily problems

April

Thursday 25

8:30-10am

May

Tuesday 28

10:30-12pm

June

Monday 24

2:30-4pm

July

Tuesday 23

11:30-1pm

Facing Fears & Worries

Gather resources, tools, and guidance on how to reduce anxiety and worrying

April

Tuesday 16

9-10:30am

May

Wednesday 22

2-3:30pm

June

Thursday 20

9-10:30am

July

Monday 15

3-4:30pm

Relaxation & Breathing

Learn techniques to be in the moment, relax, and disconnect from suffering

April

Monday 29

1-2pm

May

Thursday 23

9:30-10:30am

June

Wednesday 26

11-12pm

July

Monday 29

5-6pm

Sleeping Better

Get better sleep by changing your schedule, habits, and space

April

Thursday 11

1-2:30pm

May

Monday 13

3-4:30pm

June

Tuesday 11

11-12:30pm

July

Thursday 11

1-2:30pm

Managing Chronic Pain

Gain new skills to help you live better with chronic pain

April

Wednesday 24

11-12:30pm

May

Thursday 9

2-3:30pm

June

Monday 10

9:30-11am

July

Wednesday 17

4:30-6pm

“Tai Chi” Slow Movement

Perform meditative movements focusing on the mind and body

Every Tuesday 3:30-4pm

2nd Floor Education Classroom #2

Caring for the Caregiver

Develop tools to reduce caregiver stress while you care for others

June

Thursday 6 1:30-3pm

Women’s Health

Learn how your emotions, mind, and body change in menopause

July

Thursday 25 11-12:30pm

For all San Mateo Medical Center and Clinics patients

All classes (except Tai Chi) are in 2nd Floor Clinic Conference Room at San Mateo Medical Center

Drop-in, no appointment needed!

Available in English and Spanish

Drinks and snacks provided

For more information, call (650) 573-2760