

PATIENT WELLNESS CLASSES 2019

Managing your Moods

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

July

Monday 1

9-10:30am

August

Thursday 8

1-2:30pm

September

Tuesday 3

8:30-10am

October

Wednesday 2

3:30-5pm

Stress Management

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

July

Tuesday 23

11:30-1pm

August

Wednesday 14

3:30-5pm

September

Thursday 19

11:30-1pm

October

Monday 21

9-10:30am

Facing Worries & Panic

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

July

Monday 15

3-4:30pm

August

Tuesday 20

10:30-12pm

September

Wednesday 11

2-3:30pm

October

Thursday 10

12:30-2pm

Relaxation & Breathing

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

July

Monday 29

5-6pm

August

Tuesday 27

9-10pm

September

Monday 23

3:30-4:30pm

October

Thursday 24

10-11am

Sleeping Better

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

July

Thursday 11

1-2:30pm

August

Monday 5

9:30-11am

September

Wednesday 25

1:30-3pm

October

Tuesday 29

3-4:30pm

“Tai Chi” Slow Movement

Perform meditative movements focusing on the mind and body

Every Tuesday

3:30-4pm

2nd Floor Education Classroom #2

Living Happily in a New Culture

Obtain support and skills to adapt to living in a new culture

August 19

Monday 1-2:30pm

Living Well with Chronic Pain

Gain new skills to help you live better with chronic pain

October 16

Thursday 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