

PATIENT WELLNESS CLASSES

Topic	Dates Offered at San Mateo Medical Center*			
Managing Your Moods Discover how to change your thoughts and behaviors to improve how you feel	Tuesday July 31 9-10:30am	Thursday August 23 4-5:30pm	Tuesday September 25 9-10:30am	Thursday October 18 4-5:30pm
Stress Management Understand the origins of stress and how to better deal with day-to-day problems	Thursday July 12 4-5:30pm	Tuesday August 14 9-10:30am	Thursday September 6 4-5:30pm	Tuesday October 9 9-10:30am
Facing Worries & Fears Gather resources, tools and guidance on how to reduce anxiety and worrying about the future	Tuesday July 17 9-10:30am	Thursday August 9 4-5:30pm	Tuesday September 11 9-10:30am	Thursday October 4 4-5:30pm
Sleeping better Learn how to get better sleep through changing your schedule, habits, and space	Tuesday August 28 9-10:30am		Tuesday October 23 9-10:30am	
Mindfulness and Relaxation Learn techniques to be in the moment, relax, and disconnect from pain and suffering	Every Thursday 9-10am 2 nd floor Conference Room			
“Tai Chi” Slow Movement Perform meditative movements focusing on the mind and body connection	Every Tuesday 3:30-4pm Garden Room (basement)			

For all San Mateo Medical Center and Clinics patients

*** All classes (except Tai Chi) are in the 2nd FLOOR CONFERENCE ROOM**

Drop-in, no appointment needed!

Drinks and snacks provided

Available in English and Spanish

For more information, call (650) 573-2760