



JOIN US!

VIRTUAL WELLNESS GATHERING

June 29 - July 12, 2021

**HOSTED BY
CSM WELLNESS CENTER**

Questions? Email us csmwellness@smccd.edu

VIRTUAL WELLNESS GATHERING SCHEDULE

JUNE 29 - JULY 12, 2021

Take a Hike

Tuesday, June 29th from 12:00pm - 1:00pm

Presented by: Lynn Hayden, CSM Nurse Midwife

We'll talk about getting started on an adventure in nature. Did you know being in nature can boost your mood & improve mental health? This presentation will include favorite hikes in the Bay Area, what to bring (10 essentials), what to wear & trail etiquette (leave no trace).

Zoom link to join: <https://smccd-hipaa.zoom.us/j/81526180961?pwd=TGIFdWlLaTk2RmU3U0JmMUJ1Z2dsZz09>

A Hands-On Stress Management Workshop

Wednesday, June 30th from 11:00am to 12:00pm

Presented by: Dr. Jennifer Yang, CSM College Physician

Managing stress can help you become a more resilient person. Come learn some practical techniques such as: self-care, time management, learning to say "no," yoga, and guided imagery.

Zoom link to join: <https://smccd-hipaa.zoom.us/j/83467012926?pwd=NEU3QjJzUklycm1HUUptbDNRUnJ2UT09>

Sleep Hygiene

Wednesday, June 30th from 12:00pm - 1:00pm

Presented by: Nancy Mullins, CSM Nurse Practitioner

Join this presentation to discuss the importance of sleep and tips on how to get a good night's rest.

Zoom link to join: <https://smccd-hipaa.zoom.us/j/83046141191?pwd=TitENzdEcjRrdmxCCcHk3MVFhU1BRdz09>

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Virtual Mental Health Walk

Wednesday, June 30th from 2:10pm - 3:00pm

Presented by: Mental Health Peer Educators

Take a moment out of your day to walk for mental health with the Mental Health Peer Educators from where you are with masks, social distancing, and all necessary precautions. Although not together geographically, we'll be united on Zoom.

Zoom link to join: <https://smccd-hipaa.zoom.us/j/89198295889?pwd=TEhJSXp3Y0dvK1BrTDZiUjBMb1NnZz09>
Enter passcode: 024758

Every Body is Different: Developing and Modeling a Positive Body Image

Wednesday, June 30th from 3:10pm - 5:00pm

Presented by: Gil Perez, CSM Personal Counselor

A body acceptance workshop open to all students to confront unrealistic appearance ideals and challenge body-related concerns and cultural pressures for thinness. Participants will learn ways to talk more positively about their bodies.

Zoom link to register in advance (pre-registration required):

<https://smccd-hipaa.zoom.us/meeting/register/tZltcemqrjsjEtIbRtfWEYRcfEdbNPzLuDAQ>

**After registering, participants will receive a confirmation email containing information about joining the meeting and completing pre-homework exercises in advance.*

Virtual Yoga

Thursday, July 1st from 12:00pm - 12:45pm

Presented by: Mitra Mahdavi

In this soft yoga class, you will enjoy basic movements along with breathing techniques which will help calm your mind, reduce stress, and help you focus. No previous yoga experience needed to join.

Zoom link to join: <https://smccd-hipaa.zoom.us/j/81169268628?pwd=d05GakhqVEMvd05lUmtBMFZrVFowQT09>

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Why Are Vaccines Important?

Thursday, July 1st from 1:00pm - 2:00pm

Presented by: Lia Tjandra, CSM Nurse Practitioner

In this talk, current vaccine guidelines will be discussed. This talk will also go over what the current screening guidelines are for better disease prevention.

Zoom link to join: <https://smccd-hipaa.zoom.us/j/87293919565?pwd=ZUVoSGZmcFILSnhFM1FyR1JiaWVHZz09>

Tree of Life: A Therapeutic Art Journey of Self-Exploration

Thursday, July 1st from 3:00pm - 4:15pm

Presented by: Alexandra Caldeira, CSM Personal Counselor

We will explore our identities, values, desires, strengths and supports with a fun and meaningful art journey called the Tree of Life, together will create our own trees through drawing, writing and deep self-exploration. You will need paper, markers/crayons/pencils, please bring whatever you have! Please join me for this therapeutic workshop!

Zoom link to join: <https://smccdhpa.zoom.us/j/82661658849pwd=eFpFeDI2Q3J1NINZOWE5THU4a25Pd09>
Passcode: 132575

STD Education & Prevention

Monday, July 12th from 12:00pm to 1:00pm

Presented by: Georgette Dakis, CSM Nurse Practitioner

We will discuss common sexually transmitted diseases in college age students and tips for prevention.

Zoom link to join: <https://smccd-hipaa.zoom.us/j/81926413531?pwd=aURkSGRPQ0treGZBQXpiOGp3bzRnUT09>