JOIN US!

VIRTUAL WELLNESS GATHERING

June 29 - July 12, 2021

HOSTED BY

CSM WELLNESS CENTER

Questions? Email us csmwellness@smccd.edu
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=TGlFdWlLaTk2RmU3U0JmMUJ1Z2dsZz09

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=TitENzdEcjRrdmxCcHk3MVFlU1BRdz09
**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/tZItcemqrjsjEtIbRtfWEYRcfEdbNPzLuDAQ  
*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
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=ZUVoSGZmcFLSnhFM1FyR1JiaWVHZ09

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://smccdhipaa.zoom.us/j/82661658849?pwd=eFpFeDi2Q3JININZOWE5THU4a25Pdz09
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=aURkSGRPQ0treGZBXpiOGp3bznUT09