

College of San Mateo

# WELLNESS WORKSHOPS

## Supplements: What You Need to Know

w/ CSM Nurse Practitioner, Lia Tjandra

**Thursday, November 18th 2 - 3 pm**

*Join experienced CSM Nurse Practitioner, Lia, in this presentation to learn about commonly used supplements, such as CBD, and alternative therapies.*

Zoom link to join: [https://smccd-hipaa.zoom.us/j/87285805953?](https://smccd-hipaa.zoom.us/j/87285805953?pwd=RnMwSGxBUFNYOE9CNW5aNotuaFJNQTo9)  
[pwd=RnMwSGxBUFNYOE9CNW5aNotuaFJNQTo9](https://smccd-hipaa.zoom.us/j/87285805953?pwd=RnMwSGxBUFNYOE9CNW5aNotuaFJNQTo9)

## Gluten-Free Diets: What You Need to Know

w/ CSM Nurse Practitioner, Georgette Dakisra

**Monday, November 22nd 1 - 2 pm**

*Join experienced CSM Nurse Practitioner, Georgette, in this presentation to learn about trending gluten-free diets to discuss the pros and cons of eating gluten free.*

<https://smccd-hipaa.zoom.us/j/85801621168?pwd=Z2xuRWMoboVqVk91Uow3MndxdFFFdzog>

## Total Body Tune-Up

CSM College Physician, Dr. Jennifer Yang

**Monday, November 29th 1 - 2 pm**

*Keep your mind and body in tip-top shape as we usher in the new year. Join experienced CSM College Physician, Dr. Yang, to learn about the importance of preventative care, and discover how you can get your own personalized 'Total Body Tune Up: A Complimentary, 10-point inspection for students only'*

Zoom link to join: [https://smccd-hipaa.zoom.us/j/84964744273?](https://smccd-hipaa.zoom.us/j/84964744273?pwd=UjJBem5pcmlDLoJYZVBqRoZXR0N4dzog)  
[pwd=UjJBem5pcmlDLoJYZVBqRoZXR0N4dzog](https://smccd-hipaa.zoom.us/j/84964744273?pwd=UjJBem5pcmlDLoJYZVBqRoZXR0N4dzog)



Scan to learn more about the CSM Wellness Center.

Questions? Contact us by emailing [csmwellness@smccd.edu](mailto:csmwellness@smccd.edu) or call (650) 574-6396