



WELLNESS WORKSHOPS

February 2022

Is it Time to Change Your Birth Control?

w/ CSM Nurse Practitioner, Georgette Dakis

Monday, February 7th from 1 - 2 pm

Contraception constantly evolves - join this workshop with Women's Health Nurse Practitioner, Georgette Dakis, to learn what birth control may be a better option for you and find out what newer forms of birth control are available.

Zoom link to join: <https://smccd-hipaa.zoom.us/j/88442744097?pwd=SkZiT3dPUFVjYm1xNctIS2gxMoNkdzo9>

How to Get Instagram-Worthy Skin

w/ CSM Physician, Dr. Jennifer Yang

Tuesday, February 15th, from 12 - 1 pm

Join CSM's College Physician, Dr. Jennifer Yang, to discover your skin type, establish a basic skin care routine, and learn how to use primer, color correctors, and concealer to create the look of naturally flawless skin.

Zoom link to join: <https://smccd-hipaa.zoom.us/j/86239765564?pwd=bWZ1bUFRMVhoYjdpNW5SOFVJWTR6QTog>

Complementary and Alternative Therapies

w/ CSM Nurse Practitioner, Lia Tjandra

Thursday, February 24th, from 1 - 2 pm

Join this workshop with experienced Nurse Practitioner, Lia Tjandra, to learn about popular alternative treatments to medicine that are available for your physical health such as acupuncture.

Zoom link to join: <https://smccd-hipaa.zoom.us/j/82220347521?pwd=aWdzdEFFZEJUSzRUZW44bFRaV3JiUTog>



Scan to learn more about the CSM Wellness Center.
Questions? Contact us by emailing csmwellness@smccd.edu or call (650) 574-6396