



WELLNESS WORKSHOPS

March 2022

Anxiety: Ways to Manage It

w/ CSM Nurse Practitioner, Georgette Dakis

Monday, March 21st from 2 - 3 pm

Anxiety is common during college. Join experienced CSM Nurse Practitioner, Georgette Dakis, in this presentation to learn techniques about managing anxiety safely and easily.

Zoom link to join:

<https://smccd-hipaa.zoom.us/j/8996340180opwd=dVNhREWyRmg1UE1uZ1kTGw4Tzdvdz09>

Oh my Gosh: My Leg is Killing Me

w/ CSM Nurse Practitioner, Nancy Mullins

Wednesday, March 23rd, from 2 - 3 pm

Join experienced CSM Nurse Practitioner, Nancy Mullins, to learn about common thigh and calf injuries; how they present with symptoms, what the causes are, and how to treat these injuries

Zoom link to join:

<https://smccd-hipaa.zoom.us/j/88467966069?pwd=VWViQVJObWE2RFIBY1hBRFV3QlIxUT09>

Your Skin

w/ CSM Nurse Practitioner, Lia Tjandra

Thursday, March 24th, from 1 - 2 pm

Join experienced CSM Nurse Practitioner, Lia Tjandra, in this presentation to learn about common skin conditions and what you can do to take care of your skin.

Zoom link to join:

<https://smccd-hipaa.zoom.us/j/83498159079?pwd=WWNvd285U01JckE5Y2NqbklkeUhRZz09>



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