



WELLNESS WORKSHOPS

May 2022

Too Busy to Remember Birth Control? Learn about IUDs and Implants

w/ CSM Nurse Midwife, Lynn Hayden

Tuesday, May 10th, from 1 - 2 pm

Are you too busy to remember birth control? Either an IUD (intrauterine device) or implant might be right for you. In addition to being excellent birth control, did you know one IUD can also be used for emergency contraception? Join us to learn about contraception and how IUD methods are effective in preventing unintended pregnancies and to discuss reversible birth control options that provide long lasting pregnancy prevention.

Zoom link to join: <https://smccd.zoom.us/j/82213907072?pwd=ZlNoaXpS29TNoEwQVdxTVNNbERKdz09>

Your Healthiest Self

w/ CSM Nurse Practitioner, Lia Tjandra

Thursday, May 12th from 2 - 3pm

Join experienced CSM Nurse Practitioner, Lia Tjandra, for this talk that will highlight the NIH Wellness toolkit to give you evidence-based tips for living well and improving your health.

Zoom link to join: <https://smccd.zoom.us/j/82976405921?pwd=OVIEMIZPS2h1MzVKSkREOTFKaFJCQT09>

Vaginal Health...What's Normal @ What's Not

w/ CSM Nurse Practitioner, Georgette Dakis

Monday, May 16th from 12 - 1 pm

Join experienced CSM Nurse Practitioner, Georgette Dakis, to learn what is normal and what is not for vaginal health, tips for care, and when to keep calm and seek treatment.

Zoom link to join: <https://smccd.zoom.us/j/84522785059?pwd=Nml5NnIcVFRXN1pTY3QxV3loSHVldz09>

Decisions, Decisions, Decisions

w/ CSM Nurse Practitioner, Nancy Mullins

Wednesday, May 18th from 1 - 2pm

Don't know what to do? Can't decide? Afraid of making the wrong decisions? Join experienced CSM Nurse Practitioner, Nancy Mullins, to learn steps to effective decision-making.

Zoom link to join: <https://smccd.zoom.us/j/81363534420?pwd=ejYwckhNTGVmNmVQdzR2eXBEdFdWZz09>



Scan to learn more about the CSM Wellness Center.

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