

# Wellness Week

Get started on a healthier lifestyle.

COLLEGE OF SAN MATEO

**OCTOBER 26th-29th**

A week long event to learn about  
ways to take care of yourself  
physically, mentally, and  
emotionally!

# Monday 10/26 12pm-1pm

## WHAT DO I NEED TO KNOW ABOUT FEMALE WELLNESS?

**Presenter: Georgette Dakis, CSM Nurse Practitioner**

Join CSM's experienced Women's Health Nurse Practitioner, Georgette Dakis, to discuss breast self-exams, basic female anatomy, tips on how to manage heavy menstrual periods, when to schedule appointments for pap smears, and the most common sexually transmitted infection, HPV...everything you need to know to be informed and stay healthy!

**Zoom Link:** <https://smccd-hipaa.zoom.us/j/83282334986?pwd=b0FMbld3NEpZbm5sV2N2d2phQmorZz09>

# Monday 10/26 2:10pm-3pm

## BEHIND THE POST WORKSHOP

**Presenter: Mental Health Peer Educators**

Social media can skew our view of the relationships around us and, in some cases, influence our decisions to stay in unhealthy ones. Join the Mental Health Peer Educators as we screen Behind the Post, an educational film created by One Love that examines unhealthy relationship behaviors and the role social media can play. Explore signs of an unhealthy and healthy relationship and start the conversation with your friends.

**Zoom Link:** <https://smccd-hipaa.zoom.us/j/84699773542?pwd=YXRBOXd3bzN3TDNGbC9RTldpTjhjZz09>

# Tuesday 10/27 11am-12pm

## RELATIONSHIPS NOT RULES - PARENTING DURING A PANDEMIC

**Presenter: Tessa Kwan, CSM Personal Counselor**

Parenting during these unprecedented and uncertain times is stressful. Come join us in a safe and non-judgmental space to share ideas about how to cope as well as learn the signs of burnt-out in yourselves and your child, how to establish routines and transitions as well as how to communicate effectively at home.

**Zoom Link:** <https://smccd-hipaa.zoom.us/j/81818329420?pwd=cEFQWXFFTVlBZHFXNk9jNHlOSHVHdz09>

# Tuesday 10/27 12pm-1pm

## TOO BUSY TO REMEMBER BIRTH CONTROL? LEARN ABOUT LARC'S - LONG ACTING REVERSIBLE CONTRACEPTION

**Presenter: Lynn Hayden, CSM Nurse Midwife**

Too busy to remember birth control? Either an IUD (intrauterine device) or implant might be right for you. In addition to excellent birth control, did you know one IUD can also be used for emergency contraception? This workshop will also review conception and how the LARC methods are so effective in preventing unintended pregnancies. Join experienced CSM Nurse Midwife, Lynn Hayden, for an interactive discussion about reversible birth control that provides long lasting (think years) pregnancy control.

**Zoom Link:** <https://smccd-hipaa.zoom.us/j/89529907987?pwd=MCs4aUdSQVRnYWxuRjBwUjhsNXYwZz09>

# Wednesday 10/28 12pm-1pm

## WHAT IS CAUSING MY CALF PAIN?

**Presenter: Nancy Mullins, CSM Nurse Practitioner**

Calf Pain? Is it a muscle strain or cramp, a blood clot, a muscle tear, an Achilles tendon rupture, or could it just be a sprained ankle? Whatever it is I want it to stop! Join this interesting wellness workshop with experienced orthopedic CSM Nurse Practitioner, Nancy Mullins, to learn at least 14 reasons for calf pain and what to do about it.

**Zoom Link:** <https://smccd-hipaa.zoom.us/j/85287651963?pwd=dzZyWUZ5ZWlublA4cURvc1ZMblUxUT09>

# Wednesday 10/28 2:00pm-3:00pm

## MANAGING YOUR CREDIT HEALTH: WHAT IS CREDIT, WHY DO YOU NEED IT, AND HOW CAN I GET HELP?

**Presenter: Nicole Salviejo, CSM SparkPoint Coordinator**

Join experienced CSM SparkPoint Coordinator, Nicole Salviejo, to learn the importance of credit, what is used to calculate your credit score, and what you can do to build good credit.

**Zoom Link:** <https://smccd.zoom.us/j/84950000537>

# Wednesday 10/28 2pm-4pm

## S WORD SCREENING

### **Presenters: CSM Mental Health Peer Educators and Personal Counselors**

Break the silence around suicide and join us in screening "The S Word." This award-winning documentary follows the lives of suicide loss and attempt survivors as they navigate life, recovery, and wellness. A post screening panel discussion will feature College of San Mateo's Mental Health Peer Educators and Personal Counselors. Tips and best practices on how to talk to someone about suicide will be shared during the discussion.

**Register in Advance:** <https://smccd-hipaa.zoom.us/meeting/register/tZUucOCvqzosE9xzhITAvZiRCLr1MA-v41pG>

After registering, participants will receive a confirmation email containing information about joining this workshop.

# Thursday 10/29 12pm-1pm

## ALCOHOL, DRUGS AND SMOKING: HOW THESE HABITS IMPACT HEALTH

### **Presenter: Lia Tjandra, CSM Nurse Practitioner**

Join experienced CSM Nurse Practitioner, Lia Tjandra, to learn how alcohol, drugs and smoking affect your health and what can be done to curb these habits. During this interesting workshop marijuana use, vaping and e-cigarettes, will be discussed.

**Zoom Link:** <https://smccd-hipaa.zoom.us/j/85867777497?pwd=YzloMzZhclNYVTZOM2dQNWJxcWtFQT09>

# Thursday 10/29 3:30 - 5pm

## A GENTLE EXPLORATION OF OUR INDIVIDUAL AND COLLECTIVE GRIEF THROUGH ART

### **Presenter: Alexandra Caldeira, CSM Personal Counselor**

Join CSM Personal Counselor, Alexandra Caldeira, for a gentle acknowledgment and exploration of our individual and collective grief during this moment of the Covid-19 pandemic, powerful Black Lives Matter movement and the recent local wildfires. We will explore the different ways grief can show up in our lives and how we can honor each of our processes. This workshop will involve drawing and writing so please have at least 2 pieces of paper and some drawing materials ready-pens/markers/crayons - whatever you have around the house works!

**Zoom Link:** <https://smccd-hipaa.zoom.us/j/82341465175?pwd=SEZjOGwxVDBoendFYnFQcTnFwDkwQT09>