



WELLNESS WEEK

**MONDAY 9/14-THURSDAY
9/17**

Wellness Center Workshops
offering info on Self Care,
Physical Care, and Sexual Care.

Coordinated by the CSM Wellness Center Team

MONDAY 9/14 12PM-1PM

I'M INTERESTED IN BIRTH CONTROL, WHICH OPTION IS BEST FOR ME?

Presenter: Georgette Dakis, CSM Nurse Practitioner

Join CSM's experienced Women's Health Nurse Practitioner to learn about birth control options. She will discuss the most common forms of birth control and their side effects, as well as benefits of the various types of birth control including oral contraceptives, IUDs, NuvaRing, Nexplanon, and condoms.

Zoom link to join: <https://smccd-hipaa.zoom.us/j/94139882193?pwd=YkQ0M0dBWDJJeGpzWjdzWjFYSFBRUT09>

TUESDAY 9/15 12PM-1PM

LET'S TALK ABOUT SEX – KEEPING YOURSELF SAFE & PROTECTED

Presenter: Lynn Hayden, CSM Nurse Midwife

Join CSM's Nurse Midwife to learn more about safe sex and common sexually transmitted infections (STI's). We'll talk about STI's – prevention, transmission, testing, and treatment. If you are already enrolled in a program called Family PACT you may qualify for free STI screening with one of our friendly, non-judgmental CSM clinicians. If you are not already enrolled in Family PACT, we will refer you to a nearby health center where you can enroll.

Zoom link to join: <https://smccd-hipaa.zoom.us/j/97710874979?pwd=NS9iUEptcm92WlZEM1N2U3I3RUFHUT09>



WEDNESDAY 9/16

12PM-1PM

MY ACHY BACK & OVERUSE INJURIES OF THE KNEE IN COLLEGE STUDENTS

Presenter: Nancy Mullins, CSM Nurse Practitioner

Join CSM's Nurse Practitioner who has lots of experience with orthopedic injuries to learn about causes, treatment, and prevention of low back pain. Who knows about the two most common types of overuse injuries of the knee and what to do about it? Find out by attending this zoom workshop!

Zoom link to join: <https://smccd-hipaa.zoom.us/j/97727039495?pwd=ZzhNU25kN0s1UHhrd1AwN1g2NmZ2UT09>

3PM-4PM

EVERY BODY IS DIFFERENT: DEVELOPING & MODELING POSITIVE BODY IMAGE

Presenter: Gil Perez

Having a healthy body image is an important part of mental wellbeing and eating disorders prevention. Join CSM Personal Counselor, Gil Perez in a group format to connect with others impacted by our complicated relationships with food and exercise and learn strategies to challenge unwanted body comments, improve your body image, and commit to making positive change together.

Zoom link to join: <https://smccd-hipaa.zoom.us/meeting/register/tJIpcemhrj0sE9zSWhDkzG9z516afjDWxV5V>



THURSDAY 9/17

11AM-12PM

TALKING CARE DURING THE COVID-19 PANDEMIC

Presenter: Lia Tjandra, CSM Nurse Practitioner

Experienced CSM Nurse Practitioner, Lia Tjandra, will discuss COVID-19, self-care during the COVID-19 pandemic, and how to access CSM's telemedicine services

Zoom Link to join: <https://smccd-hipaa.zoom.us/j/97811685612?pwd=QkFSUjF3QkIvYjJWQjhvSGcrb0JnUT09>

3:30PM-5PM

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

Presenter: Alexandra Caldeira, Personal Counselor

Join 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 current 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, please have at least 2 pieces of paper and some drawing materials- pens/markers/crayons-whatever you have around the house works!

Zoom Link to join: <https://smccd-hipaa.zoom.us/j/93776928543?pwd=T0czOXpkWdN2M25hYmpWMFYrY2padz09>

Password: 095394

4PM-5PM

KNOW YOUR RENTERS/TENANTS' RIGHTS

Presenter: Nicole Salviejo, SparkPoint Coordinator

Join SparkPoint as we review current updates related to statewide eviction moratorium and ways to protect yourself as a new renter/advocate for yourself with your communication with your landlord.

Zoom Link to join: <https://smccd.zoom.us/j/94076020859>

