

# PATIENT WELLNESS CLASSES

Topic	Dates Offered at San Mateo Medical Center*			
<b>Managing Your Moods</b> Discover how to change your thoughts and behaviors to improve how you feel	Tuesday <b>July 31</b> 9-10:30am	Thursday <b>August 23</b> 4-5:30pm	Tuesday <b>September 25</b> 9-10:30am	Thursday <b>October 18</b> 4-5:30pm
<b>Stress Management</b> Understand the origins of stress and how to better deal with day-to-day problems	Thursday <b>July 12</b> 4-5:30pm	Tuesday <b>August 14</b> 9-10:30am	Thursday <b>September 6</b> 4-5:30pm	Tuesday <b>October 9</b> 9-10:30am
<b>Facing Worries &amp; Fears</b> Gather resources, tools and guidance on how to reduce anxiety and worrying about the future	Tuesday <b>July 17</b> 9-10:30am	Thursday <b>August 9</b> 4-5:30pm	Tuesday <b>September 11</b> 9-10:30am	Thursday <b>October 4</b> 4-5:30pm
<b>Sleeping better</b> Learn how to get better sleep through changing your schedule, habits, and space	Tuesday <b>August 28</b> 9-10:30am		Tuesday <b>October 23</b> 9-10:30am	
<b>Mindfulness and Relaxation</b> Learn techniques to be in the moment, relax, and disconnect from pain and suffering	<b>Every Thursday</b> 9-10am 2 <sup>nd</sup> floor Conference Room			
<b>“Tai Chi” Slow Movement</b> Perform meditative movements focusing on the mind and body connection	<b>Every Tuesday</b> 3:30-4pm Garden Room (basement)			

**For all San Mateo Medical Center and Clinics patients**

**\* All classes (except Tai Chi) are in the 2<sup>nd</sup> FLOOR CONFERENCE ROOM**

**Drop-in, no appointment needed!**

**Drinks and snacks provided**

**Available in English and Spanish**

**For more information, call (650) 573-2760**