

BE HEALTHY, SAFE, & STRONG

Provider's Perspective: Meet **Denise Wendler**



Denise has been teaching yoga since 1996. She enjoys working with students of all abilities but specializes in teaching seniors, cancer patients, and people with chronic conditions. She is a certified Yoga Therapist and her years of experience studying and teaching therapeutic yoga make her a great resource for our Santa Clara Valley Medical Center (SCVMC) community.

Since 2001, Denise has been teaching yoga at SCVMC and her classes draw faithful students who appreciate her encouraging spirit and patient instruction. Currently, she teaches **Gentle Yoga for Patients with Cancer and Chronic Conditions** every Friday from 2 PM to 3 PM at the Sobrato Cancer Center of Valley Specialty Center.

Yoga can help reduce pain, increase flexibility, relieve stress, and improve balance. Denise's goal is to not only coach people to greater physical strength and flexibility, but also to guide them toward a focused center of self-awareness.

For more information about **Gentle Yoga**, please visit www.scvmc.org/AHED.

Mental Wellness Awareness Month

In Crisis? Let's Text About It.

Text **RENEW** to **741741** to connect with a trained crisis counselor for **FREE, 24/7.**



Suicide is Preventable

If you are feeling depressed, hopeless or suicidal, ask for help.

We can talk and get you the support you need to get back to living life to the fullest.

If you or someone you care about is in crisis and needs immediate help, call the Crisis Hotline at **1-855-278-4204**.

The phones are answered by trained professionals who are available 24/7. The call is free and confidential.

www.suicideispreventablescc.org



scvmc.org

County of Santa Clara

COLD OR FLU

Know The Differences

COLD Signs & Symptoms

*Symptoms usually appear gradually, over a few days

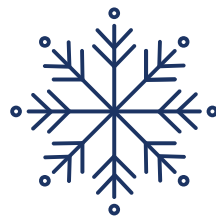
*Fever: rare but mild if present

*Slight aches and pains, muscle aches, chest discomfort (sickness felt in head and nose)

*Rare to mild fatigue and weakness

*Stuffy or runny nose, sneezing, and sore throat commonly present

*Hacking cough, typically responds to cough medications



FLU Signs & Symptoms

*Symptoms usually appear quickly and are more severe

*Fever: almost always and usually high

*Aches and pains, muscle aches, chest discomfort can be severe (sickness felt over entire body)

*Moderate to severe fatigue and weakness

*Stuffy or runny nose may occur; sore throat, chills, and headache are common

*Non-productive cough is common and can become severe

FLU VACCINE is available to protect yourself!

EVERYONE can get sick with the flu, but people at **higher risks** are:



Pregnant Women



Children younger than 5 years old



Adults 65 years of age or older



People with chronic medical conditions



Residents at nursing homes or long-term care facilities

For more information about our **FREE** classes and programs, including Maternal Health & Baby Education, Prenatal Yoga, Tobacco-Free, Gentle Yoga, and Healthier Living, please call our department on **Monday-Friday** from **8 am to 5 pm**.

Main: **408-885-5436** | Healthier Living Program: **408-885-2486**

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