

# The Importance of Health Education

## Ambulatory Health Education Department (AHED) Newsletter



**DO YOU KNOW?** Winter storms and cold temperatures can be dangerous. Stay safe and healthy by planning ahead.

- 1) Prepare your home and car with emergency kits
- 2) Prepare for power outage and outdoor activity
- 3) Check on infants, children, and older adults

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## Patient in Action: Meet Nathalie Mai Ngo

Nathalie serves the community as a yoga instructor. When pregnant with her son Dominic, she became a patient at Santa Clara Valley Medical Center (SCVMC).

Nathalie attended all of the Maternal Health & Baby Education classes offered by the Ambulatory Health Education Department (AHED). She found the program to be valuable and critical to her positive labor and delivery experience at SCVMC.

Now, Nathalie has the honor of guiding Prenatal Yoga classes each week with another outstanding instructor, Nanci Shakthi Nardona. Please join them on Tuesday & Friday mornings and Thursday afternoons for this very special class (see back page for more info).



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## Be Prepared to Stay Safe and Healthy in Winter



Cover body parts with dry, warm clothing to avoid frostbite or hypothermia



Do not use a wood-burning fireplace, heat lamp, radiator, or stove for warming



If a person's temperature is below 95 degrees, get medical attention right away

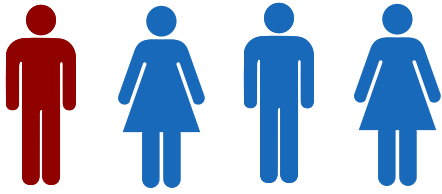


Be aware of current and forecast weather conditions when planning to travel



Wear appropriate outdoor clothing: layers of light, warm clothing, gloves, beanies, scarves, and waterproof footwear.

### 3 February is American Heart Month



Heart disease is the leading cause of death in American men and women, accounting for **1 in 4 deaths** in the United States.

Physical inactivity increases your risk of heart disease even if you have no risk factors. **Aim for 2.5 hours of moderate-intensity aerobic activity per week.**



Control your blood sugar, blood pressure, and cholesterol levels. **Eat healthier, maintain a healthy weight, and don't smoke** because smokers are at higher risk of suffering heart attacks.

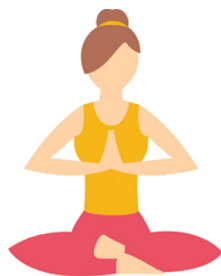
### 4 Prenatal Yoga is coming to SCVMC!

This FREE class offers safe and gentle yoga for pregnant women, focusing on stretching, strengthening, and deep relaxation to prepare mother and baby for birth and beyond.

Meet other moms in a supportive environment. Open to all stages of pregnancy.

For more information and to sign up for a class, please call **408-885-5436**.

Valley Specialty Center  
**Basement Room, BQ160**  
751 South Bascom Ave  
San Jose, CA 95128



**Free  
Classes**

**Tuesdays, 9-10:15 am  
Thursdays, 12-1:15 pm  
Fridays, 10-11:15 am**

**January - December  
2018 Classes**

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

**"Be well. Stay well." -AHED**

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