



THE HEALTH AND WELLNESS INSIDER

A H E D Newsletter

Providers' Perspective: Ambulatory Health Education Department

Learn All About Our Programs!

Healthier Living



7-week workshop will help you manage your chronic conditions and symptoms better

Maternal Health & Baby Education



Successful Lactation, Childbirth Preparation, and Mother-Newborn Care classes to prepare you for parenthood

Stay Tobacco & Smoke-Free



One-hour tobacco-free education class with trained instructors and counseling session with a Nurse Practitioner

Yoga



Gentle yoga and Prenatal yoga classes

Wellness

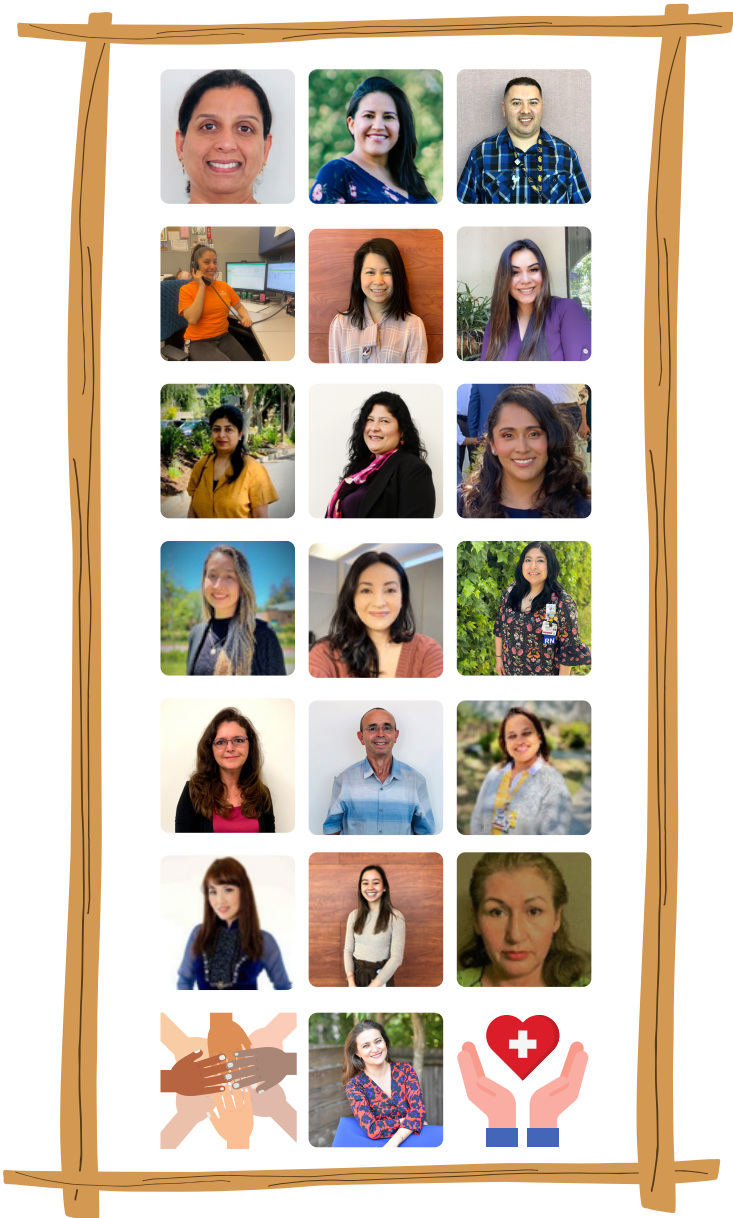


Tai Chi, Sound Healing, Mindful Meditation, and Qigong classes

Renal Care Education



Chronic Kidney Disease and Dialysis Education
*Only open to Renal Care patients



For more information:

Visit www.scvmc.org/ahed or call 408-885-5436

NATIONAL HEALTH EDUCATION WEEK

October 17-21, 2022

Join us in celebrating **National Health Education Week!**

*This week America celebrates the value of **health education!**
Health education plays a big role in helping patients feel better.*

Class Participants Say:



"Thank you so much for handling the class. It's very informative and I find it less scary knowing the myths about dialysis."

"Learning about both how to care for myself after birth and taking care of my newborn. It was extremely helpful to learn about C-section care as well as SIDS for baby. I was really satisfied with everything. I think it (class) went perfectly, I learned a lot and my questions were answered."

"Very caring instructor answered all your questions, paused and made sure we understood the material and how we felt about it. Learned about alternative items to use when feeding baby, like spoon or cup when hand expressing... I liked all the tips mentioned, very good class as a second mom"



Class Instructors Say:



"Health Education helps people be confident to make good decisions for their health and feel better!"

"Health Education department offers many health education programs. Our Health Educators teach and support patients to help them take better care of themselves."

"I love being a Health Educator, because it feels good to help my patients live happy and healthy lives!"

