

The Health and Wellness Insider

AHED Newsletter

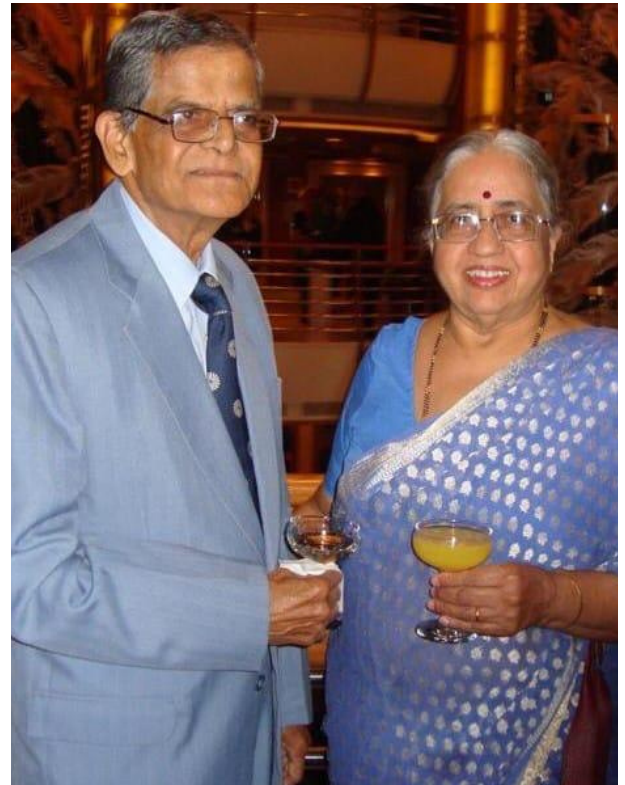


Patient In Action: *Meet The Shirodkars*

Mrs. Subhadra and Mr. Dattatraya Shirodkar attended the **Healthier Living Workshop**, a 7-week program that helps patients manage chronic health conditions. They participated in past workshops, but the 2020 workshop was unique: "This time the online class could have only a few participants. In a way it was good because we could interact better and were able to learn more closely."

They found the program "useful to all individuals, whether old or young, sick or healthy." They felt that the program helped them find solutions to daily problems. One helpful topic was the Action Plan, which made them think about their weekly plans and gave them "a push to actually do these actions." Other topics helped them learn healthy habits. For example, "how to calculate how much we eat each day, how to read labels on packages, etc. were all very insightful. "

Very proud and happy to be graduates of the program. They state, "We greatly appreciate the initiative taken by the Santa Clara Valley Medical Center to make such an informative and useful program for the benefit of the critically ill."



Personalize Your Plate!

Start on a journey to healthier eating by **adding** just one fruit or vegetable to your daily meals. You do not need special foods or fancy tools to eat healthy. Get the vitamins and nutrients your body needs by eating a **variety** of foods:

- ✓ Fruits and vegetables (all colors)
- ✓ Fish
- ✓ Lean meats and/or plant-based proteins

Tips to add more fruits and vegetables:

- ✓ Add a new fruit/vegetable to your shopping list every month
- ✓ Try cooking vegetables you don't like using other methods
➤ Example: Instead of steamed broccoli, try stir-fry or roasted broccoli
- ✓ Have fun with seasonings. Use different spices and herbs for new flavors
- ✓ Save time by using frozen fruits and vegetables that are ready to go
- ✓ Blend fruits and vegetables for a healthy smoothie
- ✓ Buy fruits and vegetables that are in season

What's in season now?

Artichokes
Asparagus
Carrots

Chives
Green onions
Leeks

Lettuce
Peas
Radishes

In response to the COVID-19 pandemic the Ambulatory Health Education Department (AHED) stopped all in-person classes.

For now, we only offer telephone and video visits for the following programs:

- Healthier Living
- Maternal Health & Baby Education
- Tobacco-Free
- Gentle Yoga
- Prenatal Yoga

Ambulatory Health
Education Department
News

★ **COMING IN MAY:** New Wellness classes including Tai Chi, Mindful Meditation, Qigong, and Sound Healing

To sign up for our **FREE** health education programs:
Ask your provider to refer you to us OR call us at **408-885-5436**
Please visit our website for more information: www.scvmc.org/ahed