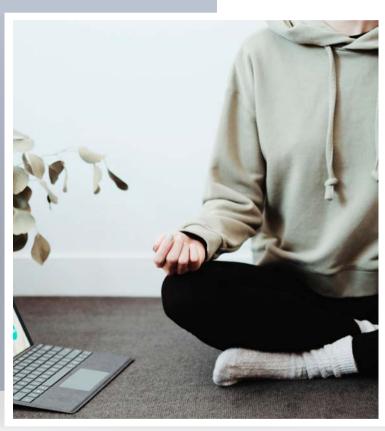
2024 VIRTUAL MINDFUL MEDITATION CLASS

All our classes are FREE for Santa Clara Valley Medical Center (SCVMC) patients and patients from community partner clinics who seek Specialty care at SCVMC



ABOUT OUR CLASSES

- **Benefits**: Reduce stress, improve sleep, help control pain, and can decrease blood pressure
- All classes are FREE and offered virtually using the Microsoft Teams app
- To enroll, please call
 408-885-5436 or email us at AHEDClasses@hhs.sccgov.org
- For more information please visit our website at www.scvmc.org/AHED

WHEN

- Second Thursday and fourth Tuesday of the month
- All classes meet from 12 PM 1 PM

Open to all Santa Clara Valley Medical patients and Community Partner patients who seek specialty care at SCVMC

