

# 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](mailto:AHEDClasses@hhs.sccgov.org)
- For more **information** please visit our website at [www.scvmc.org/AHED](http://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*



**SANTA CLARA VALLEY  
MEDICAL CENTER**

Santa Clara Valley Healthcare