



Ambulatory Health Education Department (AHED)

Virtual Healthier Living Workshop

- *A seven-week workshop about how to self-manage chronic conditions and symptoms better.*
- *You can find our schedule at www.SCVMC.ORG/AHED.*
- *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.*



How can I sign up?

Please leave a voice message at **408-885-2486** or send an email to Healthier.Living@hhs.sccgov.org with your:

- First and last name
- Medical Record Number
- Best contact number

Notes:

- Class meets twice a week.
- Your device should have a camera and a microphone.
- Microsoft Teams app is required.



**SANTA CLARA VALLEY
MEDICAL CENTER**
Santa Clara Valley Healthcare