

College of San Mateo

WELLNESS WORKSHOPS

Breast Cancer Prevention w/ CSM Nurse Practitioner, Georgette Dakis

Monday, October 25th from 2 - 3 pm

It is Breast Cancer Awareness Month! Join experienced women's health CSM Nurse Practitioner, Georgette, in this presentation to discuss breast cancer prevention and debunk common myths surrounding breast cancer. We will discuss steps you can take now to prevent your overall risk of developing breast cancer later in life.

Zoom link to join: <https://smccd-hipaa.zoom.us/j/85296838943?pwd=RIJDvI1KogkRHN6TnY2TVJ1NTNsdz09>

Nutrition and Fad Diets w/ CSM Nurse Practitioner, Lia Tjandra

Thursday, October 28th, from 1 - 2 pm

Join experienced CSM Nurse Practitioner, Lia, in this talk that will discuss some of the popular fad diets and provide updated nutrition guidelines on diet and eating patterns.

Zoom link to join: <https://smccd-hipaa.zoom.us/j/82278087764?pwd=bEFxRXlodzdIVTBoOGFDSitGM3kvZz09>



Scan to learn more about the CSM Wellness Center.

Questions? Contact us by emailing csmwellness@smccd.edu or call (650) 574-6396