



WHEN:

Classes will be held on Thursdays, 8:00 am to 10:00 am on the following dates:

Sept 3 and 17 • October 1, 15 and 22 • November 5

WHERE:

Sonoma Valley Hospital
347 Andrieux Street
Sonoma, CA 95476

INSTRUCTORS:

Kelly Mather
President and
Chief Executive Officer
Leslie Lovejoy, RN, PhD
Chief Quality Officer
Steven Lewis
Certified Wellness Coordinator

TO RSVP

or ask questions:
Contact: **Vivian Woodall**
at vwoodall@svh.com or
707.935.5005. If you receive
voice mail, please leave your
name, phone and email address.

NO COST:

*If you plan to attend, please make sure you are available for all six classes. While there is no cost to participate, **attendance is limited to 35 participants**, so early sign up is encouraged. We suggest attendees bring a pen and paper to classes.*

Open to the Sonoma Valley Community
WELLNESS UNIVERSITY™
Healthy People Are Contagious

*Sonoma Valley Hospital will offer
Wellness University™ to the Community*

Wellness University™ is a college-level course for people who are interested in improving or maintaining good health, role modeling healthy behaviors and teaching wellness. The course consists of six two-hour classes, offered without cost. You will identify ways to inspire improved health and make it more contagious. Upon completion, participants will receive a framed certificate identifying them as a “Wellness Ambassador.”



Topics include:

- Assessing your current state of emotional and physical health
- Finding balance in your life
- Stress reduction and relaxation techniques
- Importance of making positive choices
- Value of exercise and good nutrition
- Recommended breathing practices
- Developing healthy habits.
- Practice teaching the 5 Keys to Wellness

Each class you learn to identify ways to inspire improved health and make it more contagious. . .

