

1819 Trousdale Drive  
Burlingame, CA 94010



“Take care of your body...  
**It's the only place  
you have to live**”  
..... Jim Rohn

PHCD announces its new line up of **FREE** well-being classes.  
**Fall into health with classes  
on stress, sugar, nutrition,  
digestion and compassion!**

CLASS	DATE	TIME(S)	INSTRUCTOR	DESCRIPTION
<b>Lighten Up: How to Stress Less</b> <i>(Choose your preferred time)</i>	Tuesday, October 10, 2017	12-1:30 pm 5-6:30 pm	Sarah Meyer-Tapia Health Coach and Mindfulness Based Stress Reduction Instructor	Learn how to recognize stress and stay calm even when things get tough.
<b>Sugar: The Good, The Bad, &amp; The Ugly</b>	Tuesday, October 17, 2017	5-6:30 pm	Stephanie Kriebel Health Educator, Integrative Nutrition Health Coach	Learn how to control your relationship to sugar.
<b>Nutrition 101</b>	Saturday, October 21, 2017	9-11 am	Stephanie Kriebel Health Educator, Integrative Nutrition Health Coach	What should be on your plate at mealtime?
<b>Listen To Your Gut: The Importance of Digestion</b>	Thursday, November 2, 2017	12:30-2 pm	Stephanie Kriebel Health Educator, Integrative Nutrition Health Coach	Learn how the body breaks down food and nutrients.
<b>Self-Compassion: Be Kind to Yourself</b> <i>(Choose your preferred time)</i>	Tuesday, November 7, 2017	12-1:30 pm 5-6:30 pm	Sarah Meyer-Tapia Health Coach and Mindfulness Based Stress Reduction Instructor	Learn about the key role self-compassion plays in overcoming challenges.

..... TO REGISTER FOR ONE OF THESE CLASSES .....  
**CALL 650-697-6900 OR VISIT [WWW.PENINSULAHEALTHCAREDISTRICT.ORG/FALL-WELLNESS-CLASSES/](http://WWW.PENINSULAHEALTHCAREDISTRICT.ORG/FALL-WELLNESS-CLASSES/)**

Health care districts are public agencies whose purpose is to respond to the specialized health needs of the communities they serve.

# OUR VISION: ALL RESIDENTS OF THE DISTRICT ENJOY OPTIMAL HEALTH



Your Partner for Health and Well-being at Every Age and Stage

## WAYS WE BRIDGE THE GAP

### NEW PROGRAMS

- Free Well-being Classes (stress, weight loss, meditation) — *see class schedule on the back*
- Teen Mental Health Project (San Mateo Union High School District partnership)
- The Trousdale (senior assisted living and memory care community)
- San Mateo Center for Dental Health (care for all ages, incomes and cognitive status)

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### GRANTS

- See Well To Learn (eye health screening and eyeglasses for low income preschool children)
- Pacific Islander Diabetes Program
- Mission Hospice House (palliative care)

PHCD Serves over **200,000 RESIDENTS**  
of San Bruno, Millbrae,  
Burlingame, Hillsborough,  
San Mateo and Foster City

## STAY CONNECTED

**Let your voice BE HEARD** Do you have one minute a month to complete our anonymous survey?

 **FlashVote** Sign up for our newsletter today:  
[flashvote.com/phcd](http://flashvote.com/phcd) [info@peninsulahealthcaredistrict.org](mailto:info@peninsulahealthcaredistrict.org)

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