

# Healthy Aging and Well-Being for Women

October is Menopause Awareness Month. Perimenopause, menopause, and postmenopause are natural stages in a woman's life; however, finding available resources and navigating support can be challenging. Check out this month's workshops to support your health and well-being. Visit [sfhss.org/events](https://sfhss.org/events) to register and learn more.



10/2

## Breast Cancer, 1:00pm

October is Breast Cancer Awareness Month. Please join John Muir Health for an informative session featuring Shellie Campos, Nurse Practitioner.



10/17

## Healthy Aging for Women, 12:00pm

Explore how to promote healthy aging and discuss specific health concerns such as sleep and menopause. In this workshop, participants will:

- Identify health concerns specific to women.
- Learn about risk factors and steps to take to promote healthy aging.
- Create a plan for overall health and wellbeing throughout the lifespan.



## Sleep Your Way to Better Health, 12:00pm

Reviews sleep cycle, sleep hygiene and practice relaxation skills. In this workshop, participants will:

- Learn about healthy sleep and the consequences of poor sleep.
- Review the sleep cycle.

10/25

10/30

## Mental Health Impacts Of A Medical Diagnosis, 12:00pm

You or a loved one have recently been diagnosed with a serious medical condition. This training will discuss how you can expect this news to impact mental health, and strategies you can utilize to help process and adjust to changes in your lives.



10/8

## Menopause and Weight Gain, 12:10pm

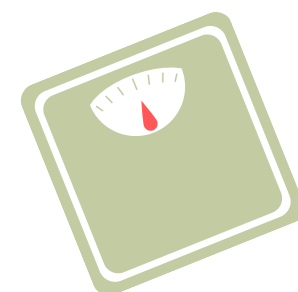
1145 Market Street, 2nd Floor

In this in-person workshop, you'll learn how hormone changes, your age, lifestyle, and genetic factors during menopause can affect body weight.

[Register for the in-person workshop.](#)

Can't make it in-person? A live virtual workshop on Menopause and Weight Gain is available on Friday, 10/18, 12:00-12:45pm.

[Register for the virtual workshop.](#)



## Change Your Mind-set about Aging, 12:00pm

10/22

Aging is inevitable. How we think about aging can impact how well we age. Participants will learn the process of "reframing" to shift from negativity to embrace a positive mind-set regarding the aging process.



10/28

## Helping a Loved One Through Difficult Times, 12:00pm

When someone close to you is going through a tough time, you may want more than ever to show your love and support. In this workshop we'll explore the difficulties that people in this position face, and discuss what you can do and, importantly, what you should not do in these situations.

Registration required. Please visit [sfhss.org/events](https://sfhss.org/events) to register for the workshops. If you have any questions please email [well-being@sfgov.org](mailto:well-being@sfgov.org).



# Meditation and the Pause

Join meditation instructor, Lane Kennedy, online at 3:00pm every Wednesday in October [sfhss.org/event/meditation-pause](https://sfhss.org/event/meditation-pause)



**Wednesdays, 3:00-3:20pm**  
**October 2, 9, 16, 23, & 30**

This immersive journey supports women transitioning through each stage of menopause. Whether you're feeling a bit "off" and wondering if perimenopause might be a factor or if you are fully in the midst of your menopausal transformation, join us to gain greater awareness and navigate this time in your life with more empowerment and ease.

- Class 1 - Understanding Menopause with Compassion
- Class 2 - Mindfulness Techniques for Managing Symptoms
- Class 3 - Emotional Resilience during Menopause
- Class 4 - Nurturing Self-Care and Well-Being
- Class 5 - Embracing Change and Finding Empowerment



## CredibleMind

Check out CredibleMind resources including apps, videos, podcasts, articles, books, and more at [sfhss.crediblemind.com](https://sfhss.crediblemind.com).

**Have you checked in lately with your mental health?  
Feeling blah and not sure where to get started?**

Menopause is a natural part of aging for women, usually beginning between the ages of 45 and 55. In addition to affecting your body, menopause can also affect your mental health and overall wellbeing. It's important to recognize these changes and seek support.

Complete CredibleMind's [Mental Health Check-in](https://sfhss.crediblemind.com/assessments) and you'll receive quick insights into how you're doing mentally and emotionally in the areas of flourishing, anxiety, and depression. Take the assessment today at, [sfhss.crediblemind.com/assessments](https://sfhss.crediblemind.com/assessments).



## Employee Assistance Program

WE'RE HERE *For You*

Call (628) 652-4600

We're here for you—to support you through life's challenges, connect you with helpful resources, help you build skills, and encourage self-care and emotional well-being. EAP services are free, confidential, and voluntary.

SFHSS Employee Assistance Counselors are available for confidential counseling and consultation Monday - Friday 8:00am to 5:00pm. Guidance Resource Consultants are available 24/7 for consultation and referral. Call (628) 652-4600.

Visit EAP online at [sfhss.org/eap](https://sfhss.org/eap) for more information and resources including your mental health benefits through your health plan.

