

# FREE Workshop: Prepare for Surgery

Reduce anxiety and increase  
peace of mind- In collaboration  
with UCSF Perioperative Services



Led by a team of UCSF experts from anesthesia, pain management and integrative medicine, our workshop will explain your options for anesthesia and pain management and teach you mind-body techniques to help you relax and achieve a state of mind conducive to healing.

In this workshop, you will learn about:

- Anesthesia options and pain management strategies
- Guided imagery, and simple breathing and relaxation techniques
- Your support resources

***People who participate in this workshop often:***

- Feel more relaxed before surgery
- Have more tools to manage pre-surgery anxiety
- May require less pain medication

**2017 Dates:** Two Mondays per month, 6:00-8:30pm

January 9, 23

March 6, 20

May 1, 17

February 6, 27

April 3, 17

June 5, 19

**Fee:** FREE

**Instructors:** Brenda Watkins, MS, FNP and Teresa Corrigan, R.N., M.A., B.C.B., C.L.Y.T., B.C.-N.C

**Registration:** Call 415-353-7718 or  
Email: [classes@ocim.ucsf.edu](mailto:classes@ocim.ucsf.edu)