

WELLNESS CLASSES 2020

October

**Stress & Worry
during COVID**

Thursday 9

9-10:30am

Sleeping Better

Monday 19

3-4:30pm

November

**Stress & Worry
During COVID**

Tuesday 3

1-2:30pm

**Healthy Holiday
Eating**

Wednesday 18

11am-12:30pm

December

Managing your Mood

Monday 14

2:30-4pm

**All meetings will take place online, using Zoom
You can access Zoom by going to: zoom.us
All meetings offered in English with Spanish interpretation
Please talk to your doctor to enroll, or call 650-573-2760**