

# INTEGRATED BEHAVIORAL HEALTH PRESENTS

## FREE WELLNESS CLASSES FALL 2023

<https://smchealth.doxy.me/ibh>

| October   | November  |   |   |  |
|---|---|---|---|--|
| <p><b>Stress Management</b><br/> <i>Wednesday 10</i><br/> <b>1:30-3pm</b></p>         | <p><b>Healthy Holiday Eating</b><br/> <i>Wednesday 8</i><br/> <b>10:30am-12pm</b></p> | <p><b>Facing Worries &amp; Panic</b><br/> <i>Monday 13</i><br/> <b>10-11:30am</b></p> | <p><b>Relaxation &amp; Breathing</b><br/> <i>Thursday 30</i><br/> <b>10-11:30am</b></p>             |  |
| December  | January   |   | <p><i>Visit our website to watch the <b>Sleeping Better</b> class at any time! (scan below)</i></p> |  |
| <p><b>Overcoming Procrastination</b><br/> <i>Tuesday 12</i><br/> <b>9-10:30am</b></p> | <p><b>Stress Management</b><br/> <i>Wednesday 10</i><br/> <b>2:30-4pm</b></p>         | <p><b>Managing your Mood</b><br/> <i>Tuesday 23</i><br/> <b>1:30-3pm</b></p>          |   |  |

For up-to-date schedule and more resources, please scan:



All meetings will take place online, with video  
 Please use this link: <https://smchealth.doxy.me/ibh>  
 All meetings offered in English with Spanish interpretation  
 Please talk to your doctor to enroll and get class information, or call 650-573-2760