

INTEGRATED BEHAVIORAL HEALTH PRESENTS WELLNESS CLASSES SPRING 2022

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

April	
Facing Worries & Panic <i>Wednesday 13</i> 3-4:30pm	Sleeping Better <i>Monday 25</i> 4:30-6pm

May		
Women's Health <i>Tuesday 10</i> 10-11:30am	Improving Organization <i>Tuesday 17</i> 1:30-3pm	Stress Management <i>Thursday 26</i> 2:30-4pm

June		
Relaxation & Breathing <i>Thursday 9</i> 10:30am-12pm	Overcoming Procrastination <i>Tuesday 14</i> 3-4:30pm	Managing your Mood <i>Friday 24</i> 1:30-3pm

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