

INTEGRATED BEHAVIORAL HEALTH PRESENTS FREE WELLNESS CLASSES SPRING 2023

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

March

Facing Worries and Panic

Monday 6

9:00-10:30am

Stress Management

Friday 17

8:30-20 am

April

Living Well with Chronic Pain

Wednesday 5

10:30am-12pm

Managing your Mood

Thursday 13

9:30-11am

May

Women's Health

Monday 1

3-4:30pm

Sleeping Better

Tuesday 16

9-10:30am

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