

INTEGRATED BEHAVIORAL HEALTH PRESENTS

FREE WELLNESS CLASSES SUMMER 2023

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

June

**Relaxation &
Breathing**
Thursday 15
1-2:30pm

**Managing your
Mood**
Monday 26
10:30am-12pm

July

**Facing Worries &
Panic**
Friday 14
2:30-4pm

Sleeping Better
Thursday 27
9:30-11am

August

Stress Management
Tuesday 8
8:30-10am

Coping with Grief
Monday 21
2-3:30pm

September

Improving Organization
Tuesday 5
10-11:30am

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 (unless stated otherwise)
Please talk to your doctor to enroll and get class information, or call 650-573-2760