

## WELLNESS CLASSES FALL 2021

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

### October

**Managing your Mood**  
*Tuesday 5*  
**2-3:30pm**

**Facing Worries &  
Panic**  
*Wednesday 13*  
**10:30am-12pm**

**Sleeping Better**  
*Monday 18*  
**9-10:30am**

### November

**Relaxation &  
Breathing**  
*Friday 5*  
**1-:2:30pm**

**Healthy Holiday  
Eating**  
*Monday 15*  
**3:30-5pm**

**Managing your Mood**  
*Tuesday 30*  
**3:30-5pm**

### December

**Coping with Grief**  
*Monday 13*  
**3-4:30pm**

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