

# WELLNESS CLASSES 2020

## August

### Exercise at Home

*Thursday 13*

**3:30-4:30pm**

**English & Spanish**

### Managing your Mood

*Monday 17*

**9-10:30am**

**English & Spanish**

## September

### Relaxation & Breathing

*Tuesday 1*

**1-2:30pm**

**English & Spanish**

### Coping with Grief

*Wednesday 30*

**English: 11am-12pm**

**Spanish: 1-2:15pm**

**All meetings will take place online, using Zoom.  
You can access Zoom by going to: [zoom.us](https://zoom.us)  
Please talk to your doctor to enroll, or call 650-573-2760**