

INTEGRATED BEHAVIORAL HEALTH PRESENTS **FREE WELLNESS CLASSES FALL 2022**

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

October

Facing Worries & Panic

Tuesday 4

9:30-11am

Facing Worries & Panic

Wednesday 19

10:30am-12pm

November

Stress Management

Friday 4

2-3:30pm

**Healthy Holiday
Eating**

Wednesday 9

1-2:30pm

**Relaxation &
Breathing**

Monday 28

3-4:30pm

December

Improving Organization

Wednesday 7

1:30-3pm

**Communication in
Relationships**

Tuesday 13

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

Please talk to your doctor to enroll and get class information, or call 650-573-2760