

INTEGRATED BEHAVIORAL HEALTH PRESENTS

WELLNESS CLASSES SUMMER 2021

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

July			
Stress Management	Healthy Relationships	Relaxation & Breathing– English	Relaxation & Breathing– Spanish
<i>Tuesday 6</i> 9:30-11am	<i>Wednesday 21</i> 4:30-6pm	<i>Thursday 22</i> 1:30-2:30pm	<i>Thursday 22</i> 3-4pm

August
Improving Focus & Organization <i>Tuesday 10</i> 2:30-4pm

September
Life after COVID <i>Wednesday 29</i> 10:30am-12pm

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 differently)

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